



Be... Active, Playful, Creative
**Programs
& Events**

**SUMMER
CAMPS**

PAGE 4

*Herndon
Festival*

PAGE 32

SUMMER 2016

Recycle After August.

REGISTRATION STARTS
TOWN OF HERNDON
27
APRIL
MAY
3
NON-RESIDENTS

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Herndon Community Center Hours

Monday – Friday 6:00am-10:00pm

Saturday 7:00am-6:00pm

Sunday 7:00am-7:00pm (through 6/19)

Sunday 10:00am-6:00pm (6/26-8/28)

No admittance to the building a half hour before closing.

Holiday Hours

Memorial Day, May 30 8:00am-8:00pm

Independence Day, July 4 11:00am-6:00pm

Labor Day, September 5 Closed

Parts of Herndon Community Center, including the pool, will be closed from August 29 – September 5 for maintenance and cleaning. Call for details.

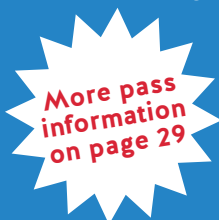
Parks & Recreation Office Hours

Monday-Friday 8:30am-5:30pm

Office Closed – Monday, May 30; Monday, July 4;

Monday, September 5

Daily Admission Rates



TOH / NR

Adults \$6.50 / \$7.50

Seniors \$5.25 / \$6.25

Youth \$5.25 / \$5.50

Family* \$18 / \$22.50

*Up to 5 family members, 2 adults maximum

Understanding Our Class Format

TOH - Town of Herndon rate and requires ID with address for every transaction

NR - Non-Resident rate

NEW!

New this Season

DROP-IN

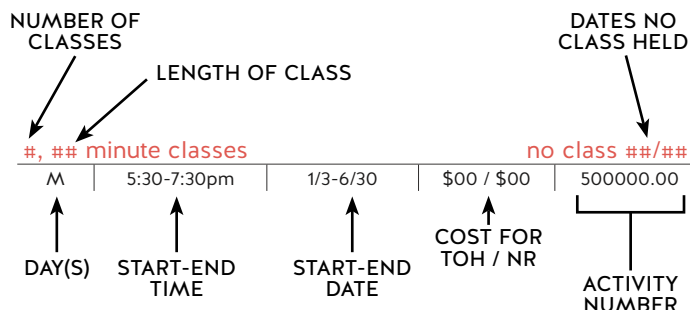
No Registration Required

NOR

No Online Registration

OR

Ongoing Registration



Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

How To Register

Choose one of four ways to register. For Mail & In-Person options fill out the registration form on page 31 and find registration information on page 30.

1 ONLINE herndonwebtrac.com



2 IN-PERSON/DROP OFF

Herndon Community Center
814 Ferndale Avenue
Herndon, VA 20170

3 MAIL

Herndon Parks and Recreation
PO Box 427
Herndon, VA 20172-0427

4 FAX

703-318-8652
Hearing Impaired Relay
1-800-828-1120 TDD

97% of people surveyed said the Herndon Community Center and programs are significant to the quality of life in Herndon.

What's Special *Be... Active, Playful, Creative*

Bike to Work Day
FRIDAY, May 20, 6:00am-7:00pm
Town Hall Green Page 25



Herndon Festival
THURSDAY, June 2 - SUNDAY, June 5
Downtown Herndon Page 32

Farmers' Market Fun Days
THURSDAYS, June, July & August, 10:30am
Town Green Page 26



July 4th
MONDAY, July 4, 6:30pm
Bready Park Page 27

Labor Day Festival
MONDAY, September 5, 11:00am-5:00pm
Downtown Herndon Page 27



Summer Unlimited Use Pass

Adult Pass
TOH \$125/
NR \$175



**Senior, Youth
& Student**
TOH \$100/
NR \$135

Seniors: 65 & over
Youth: 17 & Under
Student: 18 -25
with student ID

VALID 5/9/16 - 8/26/16

HCC Admission Specials

\$2 TUESDAYS
(for seniors 65+ all day)

\$5 FRIDAYS
(from 12:00-9:30pm)
All Ages

NEW!

HERNDONWEBTRAC.COM

3

CAMPS

Be Curious

HERNDON ODYSSEY Age 6-11

Your child will make memories that last a lifetime! A variety of activities are planned to promote active participation in team-building, enriching games, physical fitness, expanding imagination, and creating new friendships. Every day at camp brings a new adventure through a variety of programs such as nature, sports & games, swimming, and other team-building activities with the philosophy of All Kids are Capable of Success... No Exceptions. Activities are designed around weekly themes complete with age-appropriate weekly field trips. Field trips are optional and there is an additional cost for each trip. Bring a healthy lunch, water



and snack every day. **Parent Meeting:** Tuesday, June 21 at 6:30pm at the Herndon Community Center. This meeting is for adults only.

SPECIAL FEATURE

Take advantage of Odyssey as your child's base camp and take a lesson or specialty camp during the day at the HCC, and our staff will escort your child to and from. Save yourself extra driving and let your child try something new; opportunities include swim, tennis, and more. Kindly notify HPRD in advance of dual-enrollment.

5, 10.5 hour classes

M-F	7:30am-6:00pm	6/20-6/24	\$92 / \$115	186110.00
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14, 10.5 hour classes

no class 7/4

M-F	7:30am-6:00pm	6/27-7/15	\$248 / \$310	186110.01
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10, 10.5 hour classes

M-F	7:30am-6:00pm	7/18-7/29	\$184 / \$230	186110.02
M-F	7:30am-6:00pm	8/1-8/12	\$184 / \$230	186110.03

Quick Guide to Summer Camps

See camp descriptions for details and exact ages.



PRESCHOOL: AGES 3-5

ELEMENTARY: AGES 6-11

MIDDLE SCHOOL: AGES 12 & UP

	Preschool Play Camp	Engineering with LEGO	Happy Feet Soccer	Munchkateers	Nature Explorers	Preschool Sports	Sports Sampler	Storybook Dance Camp	Swimming Lessons (not camps)	Tennis	Herndon Odyssey	Animation Flix	Basketball	Engineering with LEGO	Flag Football	Gymnastics/Acro Gymnastics	Happy Feet Soccer	Multi Sport	Nature Explorers	Soccer	Sports Sampler	Storybook Dance Camp	Swimming Lessons (not camps)	Table Tennis	Tennis	Volleyball	Teen Discovery	Basketball	Gymnastics/Acro Gymnastics	Soccer	Table Tennis	Tennis	Volleyball
6/13-6/17																																	
6/20-6/24																																	
6/27-7/1																																	
7/5-7/8																																	
7/11-7/15																																	
7/18-7/22																																	
7/25-7/29																																	
8/1-8/5																																	
8/8-8/12																																	
8/15-8/19																																	
8/22-8/26																																	

TEEN DISCOVERY Age 12-15

Teen Discovery allows teenagers to spend two full weeks with friends, while traveling to their favorite summer destinations. Each day promises a new adventure through field trips, games and activities. Bring a lunch, water bottle, bathing suit and towel daily. Cost includes supervision, van transportation and admissions. Starting and ending times will vary depending on the trip. Destinations vary each session. Teen Discovery requires independence, responsibility and good judgment from the participants, as teens are frequently in small groups on their own, checking in at designated times and locations. **Parent Meeting:** Tuesday, June 21 at 7:00pm at the Herndon Community Center. This meeting is for adults only.

Session I - Bowling, Flight Trampoline, Roller Skating

5, 7 hour classes

M-F	10:00am-5:00pm	6/20-6/24	\$142 / \$178	186220.10
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Session II - Kings Dominion, Water Park, Rebounderz, Paintball

9, 7 hour classes

no class 7/4

M-F	10:00am-5:00pm	6/27-7/8	\$300 / \$375	186220.11
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Session III - Horseback Riding, Laser Tag, Nationals Game, Six Flags

10, 7 hour classes

M-F	10:00am-5:00pm	7/11-7/22	\$316 / \$395	186220.12
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Session IV - Kings Dominion, Ropes Course, Tubing, Aquarium

10, 7 hour classes

M-F	10:00am-5:00pm	7/25-8/5	\$316 / \$395	186220.13
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Session V - Dave & Buster's, Rafting, Spy Museum, Six Flags

10, 7 hour classes

M-F	10:00am-5:00pm	8/8-8/19	\$316 / \$395	186220.14
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Teen Discovery Early Bird Age 12-15

Need to get to Teen Discovery earlier? Camp is open with supervision for registered campers only. Campers will participate in games, crafts, and team building activities as they prepare for each trip during the early bird care.

Session I - Express

5, 90 minute classes

M-F	8:30-10:00am	6/20-6/24	\$22 / \$28	186221.10
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Session II

9, 90 minute classes

no class 7/4

M-F	8:30-10:00am	6/27-7/8	\$40 / \$50	186221.11
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Session III-V

10, 90 minute classes

M-F	8:30-10:00am	7/11-7/22	\$44 / \$55	186221.12
M-F	8:30-10:00am	7/25-8/5	\$44 / \$55	186221.13
M-F	8:30-10:00am	8/8-8/19	\$44 / \$55	186221.14

STORYBOOK DANCE CAMPS Age 3-10

Dance camps are a multi-art experience, with daily craft projects, stories and videos based around each theme. Costumed performances and a dance party will be held for parents on the last day of each camp. Send snack/ lunch daily. Participants will swim twice a week at the community center's indoor pool and walk to the Farmers' Market each Thursday morning. **PLEASE PROVIDE BALLET SLIPPERS, LEOTARD, TIGHTS, ADDITIONAL DANCE SHOES (AS NOTED), SWIMSUIT, TOWEL, T-SHIRT, SHORTS, AND STURDY SHOES.**

Angelina Ballerina Age 3-4

Based around everyone's favorite dancing mouse, Angelina Ballerina and her friends, camp features pre-ballet and basic tumbling instruction. Other daily activities include themed crafts, story time, basic nutrition projects, dance games and outside play.

10, 5 hour classes

M-F	9:00am-2:00pm	6/13-6/24	\$240 / \$300	184000.11
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Safari/Lion King Age 4-8

Influenced by Twyla Tharp's choreography, your child will continue their dance training in ballet, and jazz while concentrating on modern moves through hip-hop and basic tumbling. This is a great camp to exercise imagination and theatrical character-building through movement. Campers will spend their days on safari in the animal kingdom and jungles they create. **PLEASE BRING JAZZ SHOES.**

9, 7 hour classes

no class 7/4

M-F	9:00am-4:00pm	6/27-7/8	\$302 / \$378	184000.12
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Classical Ballets/Dancing Princess Age 6-10

This camp focuses on ballet technique. Students will cover the stories of classical ballets such as the Firebird, Giselle, Swan Lake, Coppelia, Midsummer Night's Dream and favorites such as Sleeping Beauty, Cinderella, and the Nutcracker.

10, 7 hour classes

M-F	9:00am-4:00pm	7/11-7/22	\$336 / \$420	184000.13
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Cinderella Age 4-6

Designed around the classic fairy tale Cinderella, your beginning dancer will learn the basic techniques of ballet and tap while improving coordination through tumbling. Daily art projects will provide stimulation and an outlet for developing imaginations. **PLEASE BRING TAP SHOES.**

10, 7 hour classes

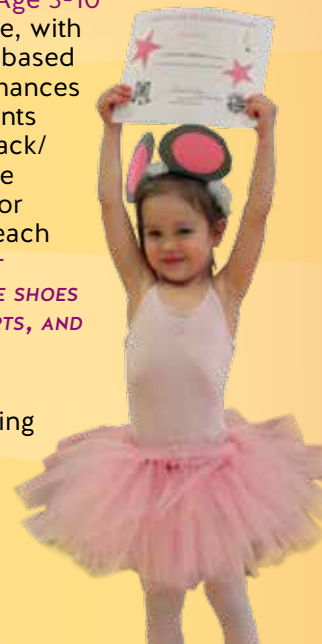
M-F	9:00am-4:00pm	7/25-8/5	\$336 / \$420	184000.14
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The Power Princess Age 5-10

Today's princesses are determined, passionate, and feisty. This new camp features Miranda, Pocahontas, Rapunzel, Mulan, Elsa, and Anna, to name a few and covers ballet, tap and jazz. **PLEASE BRING TAP SHOES.**

10, 7 hour classes

M-F	9:00am-4:00pm	8/8-8/19	\$336 / \$420	184000.15
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PRESCHOOL PLAY CAMP Age 3-5

Themed activities include arts and crafts, music, drama, and games. Enthusiastic staff and a low staff-participant ratio will further enhance a positive environment. Registration fee includes daily activities, t-shirt and weekly water day. Children must be potty-trained. Parents will be asked to provide a snack for the group for one day each session enrolled and pack a lunch each day. **Parent Meeting:** Monday, June 20, 6:30pm at the Herndon Community Center. This meeting is for adults only. Children must be 3 years old by May 1, 2016.

Olympic Flags - The Olympics are a party where the entire world is invited. Let's look at the flags of the attending countries and then create our own.

9, 4 hour classes no class 7/4

M-F	9:00am-1:00pm	6/27-7/8	\$168 / \$210	186000.11
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Olympic Sports - There are so many new sports and activities to learn about. Join us for our Preschool Olympic Games.

10, 4 hour classes

M-F	9:00am-1:00pm	7/11-7/22	\$185 / \$231	186000.12
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Olympic Athletes - Take a look at who is participating for your favorite country. How long have they been preparing for their Olympic dream?

10, 4 hour classes

M-F	9:00am-1:00pm	7/25-8/5	\$185 / \$231	186000.13
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Closing Ceremonies - It is time to say goodbye to the Olympics. Learn about the celebrations and cultures of participating countries.

10, 4 hour classes

M-F	9:00am-1:00pm	8/8-8/19	\$185 / \$231	186000.14
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NATURE EXPLORERS CAMPS Age 5-11

Each week, you will investigate a different theme, centered around science experiments, nature walks, art projects, environmental education and fun! Each day, campers should apply sunscreen and insect repellent prior to camp, wear closed-toe shoes, and bring a lunch, water bottle and a snack. T-shirts included. Camp meets outdoors at Runnymede Park.

Discovering Runnymede Age 8-11

Learn some of the science by uncovering our local ecosystem, slimy crawling creeping creatures, and studying the mechanics of bird flight and insects while developing new ways to explore the forest with your senses.

5, 7 hour classes

M-F	9:00am-4:00pm	6/27-7/1	\$125 / \$156	186310.15
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Amazing Animals Age 5-8

Animal lovers will get a closer look at the animals that inhabit our world through games, hands-on activities and crafts. Campers will get some close-up time with the native animals that live in and around Runnymede Park.

4, 4 hour classes

T-F	9:00am-1:00pm	7/5-7/8	\$60 / \$75	186310.09
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Nature Detectives Age 5-8

Nature Detectives will dig into the mysteries of nature and science first-hand. They will unravel some of nature's secrets. Plan to get dirty and sticky and perhaps even wet in the pursuit of truth about how the wonderful world of nature works.

5, 4 hour classes

M-F	9:00am-1:00pm	7/11-7/15	\$75 / \$94	186310.10
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Forest Prowlers Age 5-8

Prowl the forests and roll over logs, creep through trees and shrubs, and sift the soil in search of creatures BIG and small who call the forest home.

5, 4 hour classes

M-F	9:00am-1:00pm	7/18-7/22	\$75 / \$94	186310.11
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Nature Games Age 5-8

Find your way through natural obstacle courses, nature brain teasers and natural material creations.

5, 4 hour classes

M-F	9:00am-1:00pm	7/25-7/29	\$75 / \$94	186310.12
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Wet and Wild Age 5-8

We'll probe our ponds, meet some aquatic critters, and learn about our local watershed. We'll play watery games and do a bunch of wet and wild experiments.

5, 4 hour classes

M-F	9:00am-1:00pm	8/1-8/5	\$75 / \$94	186310.13
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ENGINEERING WITH LEGO Age 5-11

Let your imagination run wild with over 100,000 pieces of LEGO! The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects such as LEGO X-Wings, R2 Units, Energy Catapults, Defense Turrets and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Age 5-7

5, 3 hour classes

M-F	9:00am-12:00pm	8/15-8/19	\$159 / \$199	186410.11
M-F	9:00am-12:00pm	8/22-8/26	\$159 / \$199	186410.13

Age 7-11

5, 3 hour classes

M-F	1:00-4:00pm	8/15-8/19	\$159 / \$199	186410.12
M-F	1:00-4:00pm	8/22-8/26	\$159 / \$199	186410.14

NEW! ANIMATION FLIX Age 7-12

In this fast-paced camp, campers will create up to 5 stop-motion animated films! Each day, you'll use a new style of stop-motion. It's the ultimate arts and crafts camp where campers create, direct and film their movies in age-appropriate groups.

5, 3 hour classes

M-F	9:00am-12:00pm	8/15-8/19	\$225 / \$281	186710.11
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BASKETBALL CAMP Age 6-12

Whether you're new to the game or simply looking to improve your skills, this is the perfect program for you. Emphasis will be placed on basic fundamentals, including shooting, passing, rebounding and defense. Develop the ability to work as a team and exhibit good sportsmanship. Instruction provided by Amazing Athletes.

**5, 3 hour classes**

M-F	9:00am-12:00pm	8/8-8/12	\$96 / \$120	187210.10
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SPORT SAMPLER CAMP Age 3-6

Enhance your child's hand eye coordination, gross motor skills and confidence through a sampling of sports. They will play soccer, t-ball/baseball, kickball, golf, parachute games, and a whole lot of other fun games in between. Emphasis will be on teamwork and good sportsmanship. Instruction provided by Amazing Athletes.

Age 3-4**5, 30 minute classes**

M-F	10:35-11:05am	7/18-7/22	\$32 / \$40	187400.10
M-F	10:35-11:05am	8/1-8/5	\$32 / \$40	187400.11

Age 5-6**5, 90 minute classes**

M-F	9:00-10:30am	7/18-7/22	\$64 / \$80	187400.12
M-F	9:00-10:30am	8/1-8/5	\$64 / \$80	187400.13

MULTI SPORT CAMP Age 7-11

Amazing Athletes incorporates physical fitness, muscle tone, and gross motor skills while learning and playing in the following sports: soccer, hockey, football, basketball, baseball, volleyball, golf and lacrosse, and instilling self-confidence, good sportsmanship and team pride.

5, 3 hour classes

M-F	9:00am-12:00pm	7/25-7/29	\$128 / \$160	187510.10
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TABLE TENNIS CAMP Age 6-13

Want to learn more about table tennis? This camp will focus on hand eye coordination, ready position, and the basics in ping-pong grips and strokes. Participants will be divided into age groups, and a ping pong machine will be used to reinforce the correct stroke. Please bring a snack and drink each day. Swimming will be provided throughout the week and parents will be given a schedule on the first day of camp (No swimming on Monday).

5, 3 hour classes

M-F	1:00-4:00pm	7/25-7/29	\$144 / \$180	187910.11
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TENNIS CAMP Age 4-15

One is never too young to learn the game of a life time sport. We will help your child learn the basic tennis fundamentals by using creative games, skill learning, and practice matches.

Age 4-5**4, 30 minute classes**

M-Th	9:30-10:00am	6/27-6/30	\$34 / \$43	188400.10
M-Th	9:30-10:00am	7/11-7/14	\$34 / \$43	188400.11
M-Th	9:30-10:00am	7/18-7/21	\$34 / \$43	188400.12
M-Th	9:30-10:00am	7/25-7/28	\$34 / \$43	188400.13
M-Th	9:30-10:00am	8/1-8/4	\$34 / \$43	188400.14
M-Th	9:30-10:00am	8/8-8/11	\$34 / \$43	188400.15
M-Th	9:30-10:00am	8/15-8/18	\$34 / \$43	188400.16

Age 6-7**4, 30 minute classes**

M-Th	10:15-10:45am	6/27-6/30	\$34 / \$43	188510.10
M-Th	10:15-10:45am	7/11-7/14	\$34 / \$43	188510.11
M-Th	10:15-10:45am	7/18-7/21	\$34 / \$43	188510.12
M-Th	10:15-10:45am	7/25-7/28	\$34 / \$43	188510.13
M-Th	10:15-10:45am	8/1-8/4	\$34 / \$43	188510.14
M-Th	10:15-10:45am	8/8-8/11	\$34 / \$43	188510.15
M-Th	10:15-10:45am	8/15-8/18	\$34 / \$43	188510.16

Age 8-15**8, 2 hour classes**

M-Th	8:00-10:00am	7/11-7/21	\$100 / \$124	188610.10
M-Th	10:15am-12:15pm	7/11-7/21	\$100 / \$124	188610.11
M-Th	8:00-10:00am	7/25-8/4	\$100 / \$124	188610.12
M-Th	10:15am-12:15pm	7/25-8/4	\$100 / \$124	188610.13
M-Th	8:00-10:00am	8/8-8/18	\$100 / \$124	188610.14
M-Th	10:15am-12:15pm	8/8-8/18	\$100 / \$124	188610.15

4, 2 hour classes

M-Th	8:00-10:00am	8/22-8/25	\$50 / \$62	188610.16
M-Th	10:15am-12:15pm	8/22-8/25	\$50 / \$62	188610.17

HAPPY FEET SOCCER Age 3-6

Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

Age 3-4**5, 45 minute classes**

M-F	9:00-9:45am	7/11-7/15	\$47 / \$59	187000.11
M-F	9:00-9:45am	8/1-8/5	\$47 / \$59	187000.12

Age 5-6**5, 60 minute classes**

M-F	10:00-11:00am	7/11-7/15	\$52 / \$65	187000.14
M-F	10:00-11:00am	8/1-8/5	\$52 / \$65	187000.15

NOVA LEGEND SOCCER Age 6-12

Don't miss an opportunity to continue development of fundamental soccer skills including dribbling, passing, shooting and ball control. Skills for more advanced players will include offensive and defensive strategy. Days will consist of a warm-up, conditioning drills, and fun soccer related games using your developing skills. Scrimmages and games will also continue to aid in the player's development. Bring a soccer ball labeled with child's first and last name.



5, 3 hour classes

M-F	9:00am-12:00pm	7/18-7/22	\$141 / \$176	187100.10
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NEW! PRESCHOOL SPORTS CAMP Age 3-5

Offered by Ignite Kids Club, this camp is designed to expose little ones to a variety of sports, developing skills from throwing and catching to running and basic agility. Each day will be themed with a new sport including: soccer, basketball, football, FunBall (T-Ball), and beach volleyball. Meets at Bready Park soccer field.

5, 45 minute classes

M-F	9:00-9:45am	6/20-6/24	\$47 / \$59	173100.10
M-F	10:00-10:45am	6/20-6/24	\$47 / \$59	173100.11

NEW! FLAG FOOTBALL CAMP Age 7-10

From fun drills that teach a variety of skills, techniques, and agility to unique and exciting games, each child will learn the fundamentals of the game in a non-competitive environment. Meets at Bready Park soccer field.

5, 3 hour classes

M-F	9:00am-12:00pm	6/27-7/1	\$141 / \$176	173140.10
M-F	9:00am-12:00pm	8/22-8/26	\$141 / \$176	173140.11

NEW! VOLLEYBALL CAMP Age 8-12

Ignite Kids Club teaches the fundamentals of an exciting summer game! Through agility drills, unique games, and sets, participants will learn the techniques of volleyball. Each day will focus on new skills, developing rapid progress throughout the week!

5, 3 hour classes

M-F	9:00am-12:00pm	8/15-8/19	\$141 / \$176	173150.10
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GYMNASTICS CAMP Age 6-12

Missed the chance to take gymnastics during the school year or want to improve and stay on top of your skills? Participate in floor exercises, beam, and vault. Qualified staff and small student-teacher ratio provide individualized and higher quality instruction. We will swim two times during the week. T-shirt included. Each day bring a snack/drink. We are pleased to offer an extended day program; participants will join the Herndon Odyssey.

5, 6 hour classes

M-F	9:00am-3:00pm	7/11-7/15	\$158 / \$198	188110.20
M-F	9:00am-3:00pm	8/1-8/5	\$158 / \$198	188110.22
M-F	9:00am-3:00pm	8/22-8/26	\$158 / \$198	188110.24

GYMNASTICS ACRO CAMP Age 6-12

Learn elements of jazz and hip-hop with a focus on tumbling, choreographed to upbeat music. An opportunity to participate in floor exercise, bars, balance beam, vault, dance, swimming (optional), arts and crafts, and games. Bring a lunch, snack and a large T-shirt for crafts. Extended care is also available.

4, 6 hour classes

no class 7/4

T-F	9:00am-3:00pm	7/5-7/8	\$126 / \$158	188310.20
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5, 6 hour classes

M-F	9:00am-3:00pm	7/25-7/29	\$158 / \$198	188310.22
M-F	9:00am-3:00pm	8/15-8/19	\$158 / \$198	188310.24

Extended Care for Gymnastics Camps

Camper Information Form must be completed to attend extended camp hours, which combines with Herndon Odyssey for some weeks. Please provide an extra snack and drink.

4, 3 hour classes

no class 7/4

T-F	3:00-6:00pm	7/5-7/8	\$48 / \$48	188310.21
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5, 3 hour classes

M-F	3:00-6:00pm	7/11-7/15	\$60 / \$60	188110.21
M-F	3:00-6:00pm	7/25-7/29	\$60 / \$60	188310.23
M-F	3:00-6:00pm	8/1-8/5	\$60 / \$60	188110.23
M-F	3:00-6:00pm	8/15-8/19	\$60 / \$60	188310.25
M-F	3:00-6:00pm	8/22-8/26	\$60 / \$60	188110.25

MUNCHKATEERS Age 3-5 (Preschool Gymnastics)

This innovative movement program for children combines fitness, elementary gymnastics, and games. The program develops your child's large motor coordination skills, strength, flexibility and imagination. Plus they will have a great time! Children should be ready for group instruction.

Age 3-4

5, 60 minute classes

M-F	9:45-10:45am	6/20-6/24	\$40 / \$50	170210.10
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Age 4-5

5, 90 minute classes

M-F	11:00am-12:30pm	6/20-6/24	\$52 / \$65	188000.00
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Age 3-5

5, 3 hour classes

M-F	9:00am-12:00pm	6/27-7/1	\$79 / \$99	188000.01
M-F	9:00am-12:00pm	7/18-7/22	\$79 / \$99	188000.02
M-F	9:00am-12:00pm	8/8-8/12	\$79 / \$99	188000.03

»Preschool Aquatics

PLEASE NOTE: Parents should read the Pool & Swimmer Information.

Baby and Me Age 6 months-2 years

Parent and child swim together. The instructor works closely with the parent to help the infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

8, 25 minute classes

Sa	9:30-9:55am	6/25-8/13	\$67 / \$84	101100.60
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9, 25 minute classes

no class 7/4

M-F	10:30-10:55am	6/27-7/8	\$75 / \$94	101100.10
M-F	10:30-10:55am	7/11-7/21	\$75 / \$94	101100.11
M-F	10:30-10:55am	7/25-8/4	\$75 / \$94	101100.12
M-F	10:30-10:55am	8/8-8/18	\$75 / \$94	101100.13

Toddler and Me Age 18 months-3 years

Parent and child swim together. The instructor works closely with parent in helping the toddler develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

8, 25 minute classes

Sa	10:00-10:25am	6/25-8/13	\$67 / \$84	101200.60
Sa	10:30-10:55am	6/25-8/13	\$67 / \$84	101200.61
Su	11:00-11:25am	6/26-8/14	\$67 / \$84	101200.70

9, 25 minute classes

no class 7/4

M-F	11:00-11:25am	6/27-7/8	\$75 / \$94	101200.10
M-F	11:00-11:25am	7/11-7/21	\$75 / \$94	101200.11
M-F	11:00-11:25am	7/25-8/4	\$75 / \$94	101200.12
M-F	11:00-11:25am	8/8-8/18	\$75 / \$94	101200.13

Preschooler and Me Age 3-5

Parent and child swim together. The instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our Toddler and Me students, but are hesitant to separate from their parent. Skills that are taught include: breath control, floating on front and back, and kicking. Swim with parent

8, 25 minute classes

Sa	9:00-9:25am	6/25-8/13	\$67 / \$84	101300.60
Su	11:30-11:55am	6/26-8/14	\$67 / \$84	101300.70

9, 25 minute classes

no class 7/4

M-F	11:30-11:55am	6/27-7/8	\$75 / \$94	101300.10
M-F	11:30-11:55am	7/11-7/21	\$75 / \$94	101300.11
M-F	11:30-11:55am	7/25-8/4	\$75 / \$94	101300.12
M-F	11:30-11:55am	8/8-8/18	\$75 / \$94	101300.13



Pool & Swimmer Information

NO CLASSES:

» No aquatics classes July 4.



We STRONGLY recommend no food to be eaten one hour or less before participation in any swimming class.

» **The pool is open only to lap swimmers** age 13 & up and scheduled swim lessons every morning until noon.

» **Parents should read class requirements** and descriptions carefully to ensure your child is enrolled into the appropriate level class. If a child is in the incorrect class, *he/she will be transferred to an appropriate class or placed on the wait list if no space is available.*

» **For a detailed listing of class requirements** visit herndon-va.gov/recreation and click on Aquatics.

» **Children should be able to perform** all prerequisite skills for a class easily and comfortably.

» **Swim evaluations** are available at no charge if you are unsure which class is appropriate for your child. Contact the Aquatics Services Manager at 703-435-6800 x2128 to schedule a free evaluation.

Makeup Policy

Classes cancelled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for canceled classes will not be issued to participants who are unable to attend the makeup class.



The Viking Ship float will be out the **third Friday of each month from 6:30pm until closing.** Play on the float and bring your own floats and toys. Have fun with the whole family! Check out the Family Admission Pass and save.

Did You Know? The Viking Ship sets sail in the pool most **Saturdays and Sundays from 1-4pm!**

» Preschool Aquatics (continued)

Preschooler 1 Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. Child's first water experience without parent.

5, 25 minute classes

M-F	9:30-9:55am	8/22-8/26	\$43 / \$54	102100.1E
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8, 25 minute classes

no class 7/4

M/W	2:00-2:25pm	6/27-7/25	\$67 / \$84	102100.1F
M/W	2:00-2:25pm	8/1-8/24	\$67 / \$84	102100.1G
M/W	6:30-6:55pm	6/27-7/25	\$67 / \$84	102100.11
M/W	6:30-6:55pm	8/1-8/24	\$67 / \$84	102100.1D
Tu/Th	7:00-7:25pm	6/28-7/21	\$67 / \$84	102100.21
Tu/Th	7:00-7:25pm	8/2-8/25	\$67 / \$84	102100.23
Sa	8:30-8:55am	6/25-8/13	\$67 / \$84	102100.60
Sa	9:30-9:55am	6/25-8/13	\$67 / \$84	102100.61
Sa	11:30-11:55am	6/25-8/13	\$67 / \$84	102100.62
Su	11:00-11:25am	6/26-8/14	\$67 / \$84	102100.70
Su	12:00pm-12:25pm	6/26-8/14	\$67 / \$84	102100.71

9, 25 minute classes

no class 7/4

M-F	8:00-8:25am	6/27-7/8	\$75 / \$94	102100.10
M-F	9:00-9:25am	6/27-7/8	\$75 / \$94	102100.12
M-F	10:30-10:55am	6/27-7/8	\$75 / \$94	102100.13
M-F	8:00-8:25am	7/11-7/21	\$75 / \$94	102100.14
M-F	9:00-9:25am	7/11-7/21	\$75 / \$94	102100.15
M-F	10:30-10:55am	7/11-7/21	\$75 / \$94	102100.16
M-F	8:00-8:25am	7/25-8/4	\$75 / \$94	102100.17
M-F	9:00-9:25am	7/25-8/4	\$75 / \$94	102100.18
M-F	10:30-10:55am	7/25-8/4	\$75 / \$94	102100.19
M-F	8:00-8:25am	8/8-8/18	\$75 / \$94	102100.1A
M-F	9:00-9:25am	8/8-8/18	\$75 / \$94	102100.1B
M-F	10:30-10:55am	8/8-8/18	\$75 / \$94	102100.1C

Preschooler 2 Age 3-5

Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on unsupported front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. Previous water experience required.

5, 25 minute classes

M-F	10:00-10:25am	8/22-8/26	\$43 / \$54	102200.1M
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FREE SWIM EVALUATIONS

If you do not know which class is appropriate for your child, please contact the Aquatics Services Manager at 703-435-6800 x2128 to schedule an evaluation at no charge.

Summer Unlimited Use Pass

Adult Pass
TOH \$125/
NR \$175



Senior, Youth
& Student
TOH \$100/
NR \$135

Seniors: 65 & over
Youth: 17 & Under
Student: 18 - 25
with student ID

VALID 5/9/16 - 8/26/16



Preschool 2 (continued)

8, 25 minute classes

no class 7/4

M/W	2:30-2:55pm	6/27-7/25	\$67 / \$84	102200.1J
M/W	2:30-2:55pm	8/1-8/24	\$67 / \$84	102200.1K
M/W	7:00-7:25pm	6/27-7/25	\$67 / \$84	102200.11
M/W	7:00-7:25pm	8/1-8/24	\$67 / \$84	102200.1H
Tu/Th	6:30-6:55pm	6/28-7/21	\$67 / \$84	102200.21
Tu/Th	6:30-6:55pm	8/2-8/25	\$67 / \$84	102200.23
Sa	9:00-9:25am	6/25-8/13	\$67 / \$84	102200.60
Sa	10:00-10:25am	6/25-8/13	\$67 / \$84	102200.61
Sa	11:30-11:55am	6/25-8/13	\$67 / \$84	102200.62
Su	11:30-11:55am	6/26-8/14	\$67 / \$84	102200.70
Su	12:30-12:55pm	6/26-8/14	\$67 / \$84	102200.71

9, 25 minute classes

no class 7/4

M-F	7:30-7:55am	6/27-7/8	\$75 / \$94	102200.10
M-F	8:30-8:55am	6/27-7/8	\$75 / \$94	102200.12
M-F	9:00-9:25am	6/27-7/8	\$75 / \$94	102200.13
M-F	10:00-10:25am	6/27-7/8	\$75 / \$94	102200.14
M-F	7:30-7:55am	7/11-7/21	\$75 / \$94	102200.15
M-F	8:30-8:55am	7/11-7/21	\$75 / \$94	102200.16
M-F	9:00-9:25am	7/11-7/21	\$75 / \$94	102200.17
M-F	10:00-10:25am	7/11-7/21	\$75 / \$94	102200.18
M-F	7:30-7:55am	7/25-8/4	\$75 / \$94	102200.19
M-F	8:30-8:55am	7/25-8/4	\$75 / \$94	102200.1A
M-F	9:00-9:25am	7/25-8/4	\$75 / \$94	102200.1B
M-F	10:00-10:25am	7/25-8/4	\$75 / \$94	102200.1C
M-F	7:30-7:55am	8/8-8/18	\$75 / \$94	102200.1D
M-F	8:30-8:55am	8/8-8/18	\$75 / \$94	102200.1E
M-F	9:00-9:25am	8/8-8/18	\$75 / \$94	102200.1F
M-F	10:00-10:25am	8/8-8/18	\$75 / \$94	102200.1G

Preschooler 3 Age 4-6

Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

5, 25 minute classes

M-F	10:30-10:55am	8/22-8/26	\$43 / \$54	102300.16
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8, 25 minute classes

no class 7/4

M/W	3:00-3:25pm	6/27-7/25	\$67 / \$84	102300.17
M/W	3:00-3:25pm	8/1-8/24	\$67 / \$84	102300.18
M/W	5:00-5:25pm	6/27-7/25	\$67 / \$84	102300.11
M/W	5:00-5:25pm	8/1-8/24	\$67 / \$84	102300.15
Tu/Th	5:30-5:55pm	6/28-7/21	\$67 / \$84	102300.21
Tu/Th	5:30-5:55pm	8/2-8/25	\$67 / \$84	102300.23

Preschool 3 (continued)

8, 25 minute classes

no class 7/4

Sa	10:30-10:55am	6/25-8/13	\$67 / \$84	102300.60
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9, 25 minute classes

no class 7/4

M-F	10:00-10:25am	6/27-7/8	\$75 / \$94	102300.10
M-F	10:00-10:25am	7/11-7/21	\$75 / \$94	102300.12
M-F	10:00-10:25am	7/25-8/4	\$75 / \$94	102300.13
M-F	10:00-10:25am	8/8-8/18	\$75 / \$94	102300.14

Preschooler 4 Age 4-6

Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

5, 25 minute classes

M-F	11:00-11:25am	8/22-8/26	\$43 / \$54	102400.16
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8, 25 minute classes

no class 7/4

M/W	3:30-3:55pm	6/27-7/25	\$67 / \$84	102400.17
M/W	3:30-3:55pm	8/1-8/24	\$67 / \$84	102400.18
M/W	5:30-5:55pm	6/27-7/25	\$67 / \$84	102400.11
M/W	5:30-5:55pm	8/1-8/24	\$67 / \$84	102400.15
Tu/Th	6:00-6:25pm	6/28-7/21	\$67 / \$84	102400.21
Tu/Th	6:00-6:25pm	8/2-8/25	\$67 / \$84	102400.23
Sa	11:00-11:25am	6/25-8/13	\$67 / \$84	102400.60

9, 25 minute classes

no class 7/4

M-F	9:30-9:55am	6/27-7/8	\$75 / \$94	102400.10
M-F	9:30-9:55am	7/11-7/21	\$75 / \$94	102400.12
M-F	9:30-9:55am	7/25-8/4	\$75 / \$94	102400.13
M-F	9:30-9:55am	8/8-8/18	\$75 / \$94	102400.14

Preschooler 5 Age 4-6

An advanced course for the preschool swimmer. To enroll in this class, students should be able to swim a distance of 25 yards of front crawl with rotary breathing, and 10 yards of back crawl and breaststroke. The course will focus on coordination of the front crawl with bilateral breathing, back crawl, elementary backstroke, breaststroke, butterfly, racing dives, open turns and basic water safety instruction.

5, 25 minute classes

M-F	11:30-11:55am	8/22-8/26	\$43 / \$54	102500.16
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8, 25 minute classes

no class 7/4

M/W	6:00-6:25pm	6/27-7/25	\$67 / \$84	102500.11
M/W	6:00-6:25pm	8/1-8/24	\$67 / \$84	102500.15
Tu/Th	5:00-5:25pm	6/28-7/21	\$67 / \$84	102500.21
Tu/Th	5:00-5:25pm	8/2-8/25	\$67 / \$84	102500.22

9, 25 minute classes

no class 7/4

M-F	11:00-11:25am	6/27-7/8	\$75 / \$94	102500.10
M-F	11:00-11:25am	7/11-7/21	\$75 / \$94	102500.12
M-F	11:00-11:25am	7/25-8/4	\$75 / \$94	102500.13
M-F	11:00-11:25am	8/8-8/18	\$75 / \$94	102500.14

Preschooler 6 Age 4-6

An advanced course for the preschool swimmer. To enroll in this class, students should be able to swim a distance of 25 yards of front crawl with bilateral breathing, 25 yards of back crawl and 15 yards of breaststroke and butterfly. The course will focus on endurance and coordination of the front crawl with bilateral breathing, back crawl, elementary backstroke, breaststroke, butterfly, racing dives, flip turns and basic water safety instruction.

9, 25 minute classes

no class 7/4

M-F	11:30-11:55am	6/27-7/8	\$75 / \$94	102600.10
M-F	11:30-11:55am	7/11-7/21	\$75 / \$94	102600.12
M-F	11:30-11:55am	7/25-8/4	\$75 / \$94	102600.13
M-F	11:30-11:55am	8/8-8/18	\$75 / \$94	102600.14



Calling All Swimmers!

If you have always wanted to be on a swim team but haven't had a neighborhood team to swim for, here's your chance!

Join the Halibuts!

As a developmental team, your child will have an opportunity to learn the four competitive strokes and swim in meets during the season. All swimmers must be able to swim one length of the pool continuously without stopping.

Parents are required to volunteer at four swim meets and one team activity during the season. Sign ups must be done by the end of the first week. Parents MUST attend the orientation session on Saturday, May 21, 2016 from 6-7pm. Parents will be introduced to the HCC coaching staff and given information concerning activity and meet sign-ups.

The Herndon Halibuts

(HERNDON SWIM LEAGUE) AGE 5-18

Regular Registration
TOH \$125/NR \$156

Late Registration
(after 5/30)
TOH \$150/NR \$181

EVENING PRACTICES
MAY 31-JUNE 24

MORNING PRACTICES
JUNE 27-JULY 23

A \$35 Activity Fee per swimmer is due upon registration to cover the cost of T-shirts, caps, end of season awards and team activities. Online registration is available, but the Activity Fee must be paid prior to the first day. Swimmers will not be allowed to participate in practice until the activity fee is paid.

AGE 5-8 105350.10

Monday-Friday

May 31-June 24 6:15-7pm
June 27-July 23 7:30-8:15am

AGE 9-10 105350.11

Monday-Friday

May 31-June 24 5:30-6:15pm
June 27-July 23 8:15-9am

Age 11-18 105350.12

Monday-Friday

May 31-June 24 4:30-5:30pm
June 27-July 23 9-10am

» Youth

Swim 1 Age 6-12

Designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

5, 30 minute classes

M-F	11:30am-12:00pm	8/22-8/26	\$43 / \$54	103110.1A
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8, 30 minute classes

no class 7/4

M/W	3:30-4:00pm	6/27-7/25	\$67 / \$84	103110.1B
M/W	3:30-4:00pm	8/1-8/24	\$67 / \$84	103110.1C
M/W	6:00-6:30pm	6/27-7/25	\$67 / \$84	103110.11
M/W	6:00-6:30pm	8/1-8/24	\$67 / \$84	103110.19
Tu/Th	5:00-5:30pm	6/28-7/21	\$67 / \$84	103110.21
Tu/Th	5:00-5:30pm	8/2-8/25	\$67 / \$84	103110.23
Sa	11:00-11:30am	6/25-8/13	\$67 / \$84	103110.60

9, 30 minute classes

no class 7/4

M-F	9:30-10:00am	6/27-7/8	\$75 / \$94	103110.10
M-F	11:30am-12:00pm	6/27-7/8	\$75 / \$94	103110.12
M-F	9:30-10:00am	7/11-7/21	\$75 / \$94	103110.13
M-F	11:30am-12:00pm	7/11-7/21	\$75 / \$94	103110.14
M-F	9:30-10:00am	7/25-8/4	\$75 / \$94	103110.15
M-F	11:30am-12:00pm	7/25-8/4	\$75 / \$94	103110.16
M-F	9:30-10:00am	8/8-8/18	\$75 / \$94	103110.17
M-F	11:30am-12:00pm	8/8-8/18	\$75 / \$94	103110.18

Swim 2 Age 6-12

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

5, 30 minute classes

M-F	11:00-11:30am	8/22-8/26	\$43 / \$54	103210.16
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8, 30 minute classes

no class 7/4

M/W	3:00-3:30pm	6/27-7/25	\$67 / \$84	103210.17
M/W	3:00-3:30pm	8/1-8/24	\$67 / \$84	103210.18
M/W	6:30-7:00pm	6/27-7/25	\$67 / \$84	103210.11
M/W	6:30-7:00pm	8/1-8/24	\$67 / \$84	103210.15
Tu/Th	5:30-6:00pm	6/28-7/21	\$67 / \$84	103210.21
Tu/Th	5:30-6:00pm	8/2-8/25	\$67 / \$84	103210.23
Sa	10:30-11:00am	6/25-8/13	\$67 / \$84	103210.60

9, 30 minute classes

no class 7/4

M-F	11:00-11:30am	6/27-7/8	\$75 / \$94	103210.10
M-F	11:00-11:30am	7/11-7/21	\$75 / \$94	103210.12
M-F	11:00-11:30am	7/25-8/4	\$75 / \$94	103210.13
M-F	11:00-11:30am	8/8-8/18	\$75 / \$94	103210.14

Swim 3 Age 6-12

Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

5, 30 minute classes

M-F	10:30-11:00am	8/22-8/26	\$43 / \$54	103310.16
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8, 30 minute classes

no class 7/4

M/W	2:30-3:00pm	6/27-7/25	\$67 / \$84	103310.17
M/W	2:30-3:00pm	8/1-8/24	\$67 / \$84	103310.18
M/W	5:30-6:00pm	6/27-7/25	\$67 / \$84	103310.11
M/W	5:30-6:00pm	8/1-8/24	\$67 / \$84	103310.15
Tu/Th	6:30-7:00pm	6/28-7/21	\$67 / \$84	103310.21

Swim 3 (continued)**8, 30 minute classes**

no class 7/4

Tu/Th	6:30-7:00pm	8/2-8/25	\$67 / \$84	103310.23
Sa	10:00-10:30am	6/25-8/13	\$67 / \$84	103310.60
Su	12:00-12:30pm	6/26-8/14	\$67 / \$84	103310.70

9, 30 minute classes

no class 7/4

M-F	10:00-10:30am	6/27-7/8	\$75 / \$94	103310.10
M-F	10:00-10:30am	7/11-7/21	\$75 / \$94	103310.12
M-F	10:00-10:30am	7/25-8/4	\$75 / \$94	103310.13
M-F	10:00-10:30am	8/8-8/18	\$75 / \$94	103310.14

Swim 4 Age 6-12

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl and breaststroke. Diving skills are introduced.

5, 30 minute classes

M-F	10:00-10:30am	8/22-8/26	\$43 / \$54	103410.16
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8, 30 minute classes

no class 7/4

M/W	2:00-2:30pm	6/27-7/25	\$67 / \$84	103410.17
M/W	2:00-2:30pm	8/1-8/24	\$67 / \$84	103410.18
M/W	5:00-5:30pm	6/27-7/25	\$67 / \$84	103410.11
M/W	5:00-5:30pm	8/1-8/24	\$67 / \$84	103410.15
Tu/Th	6:00-6:30pm	6/28-7/21	\$67 / \$84	103410.21
Tu/Th	6:00-6:30pm	8/2-8/25	\$67 / \$84	103410.23
Sa	9:30-10:00am	6/25-8/13	\$67 / \$84	103410.60
Su	12:30-1:00pm	6/26-8/14	\$67 / \$84	103410.70

9, 30 minute classes

no class 7/4

M-F	10:30-11:00am	6/27-7/8	\$75 / \$94	103410.10
M-F	10:30-11:00am	7/11-7/21	\$75 / \$94	103410.12
M-F	10:30-11:00am	7/25-8/4	\$75 / \$94	103410.13
M-F	10:30-11:00am	8/8-8/18	\$75 / \$94	103410.14

Swim 5 Age 6-12

Students refine and coordinate the key strokes learned in previous swimming courses at increased distances. Front and back open turns and racing dives are taught. Deep water work includes diving, water entries and treading.

5, 45 minute classes

M-F	9:15-10:00am	8/22-8/26	\$63 / \$79	103510.18
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8, 45 minute classes

Sa	8:45-9:30am	6/25-8/13	\$99 / \$124	103510.60
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9, 45 minute classes

no class 7/4

M-F	11:30am-12:15pm	6/27-7/8	\$111 / \$139	103510.10
M-F	10:00-10:45am	6/27-7/8	\$111 / \$139	103510.11
M-F	11:30am-12:15pm	7/11-7/21	\$111 / \$139	103510.12
M-F	10:00-10:45am	7/11-7/21	\$111 / \$139	103510.13
M-F	11:30am-12:15pm	7/25-8/4	\$111 / \$139	103510.14
M-F	10:00-10:45am	7/25-8/4	\$111 / \$139	103510.15
M-F	11:30am-12:15pm	8/8-8/18	\$111 / \$139	103510.16
M-F	10:00-10:45am	8/8-8/18	\$111 / \$139	103510.17

Swim 6 Age 6-12

Focus is on polishing the strokes previously learned, as well as having the student perform them with greater ease and efficiency. Different dives and deep water rescue skills are taught. Flip turns and open turns for all strokes are refined and developed.

9, 45 minute classes

no class 7/4

M-F	10:45-11:30am	6/27-7/8	\$111 / \$139	103610.10
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Swim 6 (continued)

9, 45 minute classes

no class 7/4

M-F	10:45-11:30am	7/11-7/21	\$111 / \$139	103610.11
M-F	10:45-11:30am	7/25-8/4	\$111 / \$139	103610.12
M-F	10:45-11:30am	8/8-8/18	\$111 / \$139	103610.13

» Adapted Aquatics

For children with physical or mental disabilities who want to work on their swimming abilities. Volunteers are needed; training will be provided before the first day of class. Great community service project for high school students! Please call the Aquatics Services Manager at 703-435-6800 x2128 if you have any questions regarding this program. Parents may need to assist in the water if there is a lack of volunteers.

Beginner Age 5-16

Focus is on water adjustment, safety and skills that are tailored to the needs of each participant.

8, 30 minute classes

F	4:00-4:30pm	7/1-8/19	\$67 / \$84	103810.50
F	4:30-5:00pm	7/1-8/19	\$67 / \$84	103810.51

Advanced Age 5-16

The Advanced class is for children who have mastered basic front and back crawl skills and need further development and refinement of their strokes.

8, 30 minute classes

F	5:00-5:30pm	7/1-8/19	\$67 / \$84	103910.50
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**» Aquatic Extras****Youth Developmental Workout** Age 5-18

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great way to stay in shape and prepare for swim team.

- » Age 8 & under must swim 25 yards front crawl without stopping.
- » Age 9-12 must swim 50 yards front crawl without stopping.
- » Age 12-15 must swim 50 yards front crawl and 25 yards back crawl without stopping.

Age 5-8

8, 45 minute classes

M-Th	8:00-8:45am	7/25-8/4	\$92 / \$115	104110.11
M-Th	8:00-8:45am	8/8-8/18	\$92 / \$115	104110.13
Su	1:00-1:45pm	6/26-8/14	\$92 / \$115	104110.70

» Aquatic Extras (continued)**Age 9-12**

8, 45 minute classes

Su	1:45-2:30pm	6/26-8/14	\$92 / \$115	104110.71
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Age 9-18

8, 45 minute classes

M-Th	8:45-9:30am	7/25-8/4	\$92 / \$115	104110.12
M-Th	8:45-9:30am	8/8-8/18	\$92 / \$115	104110.14

Stroke Clinics Age 5-18

This class is geared to help swimmers prepare for the summer and high school swimming seasons. Focus will be on technique and endurance for the competitive strokes and will include work on starts and turns.

Butterfly/Freestyle

4, 45 minute classes

M-Th	10:00-10:45am	6/27-6/30	\$47 / \$59	104310.11
Tu-F	10:00-10:45am	7/5-7/8	\$47 / \$59	104310.21

Breaststroke/Backstroke

4, 45 minute classes

M-Th	10:45-11:30am	6/27-6/30	\$47 / \$59	104310.12
Tu-F	10:45-11:30am	7/5-7/8	\$47 / \$59	104310.22

HERNDON AQUATIC CLUB COMMANDERS
www.swimhacc.org


The Herndon Commanders is the Herndon Parks and Recreation Department's USA Swimming-sanctioned swim team. The Commanders' nine-month program is dedicated to giving each swimmer the opportunity to achieve his/her personal goals in an encouraging environment. In addition, swimmers gain confidence, physical endurance and friendships with other team members. Those individuals joining the team are required to make a commitment for the entire season and to participate in swim meets. Head Coach Bruce Andersen, beginning his 10th year as HAC head coach, has over 25 years of coaching and teaching experience.

STROKE EVALUATIONS

Stroke evaluations for placement on the team will be on the following dates: **July 5, 12, 19, and 26 6-8pm**

Sign-ups for the tryouts can be done on the team website at www.swimhacc.org.

Contact Bruce Andersen at bruce.andersen@swimhacc.org for additional information.

POOL AVAILABILITY:

The pool is open only to lap swimmers age 13 & up and scheduled swim lessons on every morning until noon.

Diving Guidelines

Introduction to Diving

No previous diving experience necessary, but must be able to:

- » Be comfortable in deep water
- » Swim 25 yards

Diving 1

Successful completion of Introduction to Diving or the ability to:

- » Be comfortable in deep water
- » Swim 25 yards
- » Dive head first from the side of the pool

Diving 2

Instructor permission recommended and successful completion of Diving 1 or the ability to:

- » Swim 25 yards
- » Forward approach of 3 steps, hurdle and tuck dive

Diving 3

Instructor permission and successful completion of Diving 2 or the ability to:

- » Compete on a dive team
- » Swim 25 yards
- » Forward optional dives (flips)
- » Back and inward dives

»Diving

Introduction to Diving Age 5-12

This class teaches headfirst entries into the water; no previous experience is needed. Students will learn standing dives from the edge and from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. Completion of Swim 3 is strongly recommended.

5, 30 minute classes

M-F	9:30-10:00am	8/22-8/26	\$43 / \$54	104510.11
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9, 30 minute classes

M-F	10:30-11:00am	6/27-7/8	\$75 / \$94	104510.10
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Diving 1 Age 7-14

This class introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in headfirst.

5, 45 minute classes

M-F	10-10:45am	8/22-8/26	\$63 / \$79	104610.10
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9, 45 minute classes

M-F	11:00-11:45am	6/27-7/8	\$111 / \$139	104610.10
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Diving 2/3 Age 7-14

This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

5, 60 minute classes

M-F	10:45-11:45am	8/22-8/26	\$83 / \$104	104710.10
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9, 60 minute classes

M-F	11:45am-12:45pm	6/27-7/8	\$147 / \$184	104710.10
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» Adult

Teen Beginner Age 13-17

If you are a teenager and you need to get comfortable in the water or learn the basic strokes in a relaxed, non-competitive environment, this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water will be taught. Basic stroke technique will be introduced.

8, 45 minute classes

Sa	12:00-12:45pm	6/25-8/13	\$99 / \$124	106520.60
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Beginner Age 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water is taught. Basic stroke technique is introduced.

8, 45 minute classes

Sa	10:30-11:15am	6/25-8/13	\$99 / \$124	106130.60
Sa	12:00-12:45pm	6/25-8/13	\$99 / \$124	106130.61
Su	11:00-11:45am	6/26-8/14	\$99 / \$124	106130.70
Su	12:30-1:15pm	6/26-8/14	\$99 / \$124	106130.71

Advanced Beginner Age 16 & up

For students who have passed Adult Beginner or those who are comfortable in the water, and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke and breaststroke. Treading water and introduction to breathing are included in this class.

8, 45 minute classes

Sa	11:15am-12:00pm	6/25-8/13	\$99 / \$124	106230.60
Sa	12:00-12:45pm	6/25-8/13	\$99 / \$124	106230.61
Su	11:45am-12:30pm	6/26-8/14	\$99 / \$124	106230.70

Intermediate Age 16 & up

This class is for anyone who has completed Adult Advanced Beginner or looking for stroke improvement. Students will work on stroke refinement, coordination and endurance. Strokes learned in previous courses will be performed at increased distances. Sidestroke, diving and butterfly are introduced.

8, 45 minute classes

no class 3/21, 3/26, 5/28, 5/30

Sa	12:45-1:30pm	6/25-8/13	\$99 / \$124	106330.60
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» Aquatic Fitness

Power Splash Age 16 & up

Fun and energetic class that uses a variety of cardio and resistance work in both the shallow and deep end of the pool. Get a complete total-body workout incorporating circuits and intervals while using buoys, noodles and plyometrics. Participants must be comfortable in deep water.

8, 60 minute classes

F	7:30-8:30am	7/1-8/19	\$70 / \$88	108230.50
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Senior Water Aerobics Age 16 & up

Exercise class for active older adults. It promotes fitness, flexibility and range of motion. No swimming experience is necessary to become involved. Rubber-soled water shoes are strongly recommended.

8, 60 minute classes

F	8:30-9:30am	7/1-8/19	\$70 / \$88	108440.50
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» Aquatic Fitness (continued)

Senior Water Aerobics (continued)

17, 60 minute classes		no class 7/4		
M/W	8:30-9:30am	6/27-8/24	\$142 / \$178	108440.10

Water Aerobics Age 16 & up

The total water workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element so all participants should be comfortable in deep water, but no swimming experience is necessary. Babysitting is available during this class. Rubber-soled shoes are strongly recommended.

18, 60 minute classes				
Tu/Th	8:00-9:00am	6/28-8/25	\$150 / \$188	108530.20

Water Walking Age 16 & up

Jumpstart your fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12 foot area.

17, 60 minute classes		no class 7/4		
M/W	7:30-8:30am	6/27-8/24	\$142 / \$178	108630.10

Deep Water 1 Age 16 & up

A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

8, 60 minute classes				
Sa	8:00-9:00am	6/25-8/13	\$70 / \$88	108730.60

17, 60 minute classes		no class 7/4		
M/W	6:30-7:30pm	6/27-8/24	\$142 / \$178	108730.10

18, 60 minute classes				
Tu/Th	8:30-9:30am	6/28-8/25	\$150 / \$188	108730.20

Deep Water 2 Age 16 & up

This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

17, 60 minute classes		no class 7/4		
M/W	7:30-8:30pm	6/27-8/24	\$142 / \$178	108830.10

18, 60 minute classes				
Tu/Th	7:30-8:30am	6/28-8/25	\$150 / \$188	108830.20

Aqua ZUMBA® Age 16 & up

Make a splash and join our "pool party" workout for all ages! Aqua Zumba is a safe, effective and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness disciplines.

9, 60 minute classes				
Th	7:00-8:00am	6/30-8/25	\$79 / \$98	108930.40

**The Training Studio**

Experience a workout environment like no other! Our training studio is a semi-private, dedicated workout space for our Small Group classes and Personal Training sessions. The space includes a customized rubber gym floor, TRX Suspension Training, and the latest in fun workout tools like Kettlebells, Medicine Balls, Battle Ropes and more - all of which will help us boost your workout and your results! The Studio is open only to those enrolled in Personal Training or the Small Group classes listed below:

PLEASE NOTE:

Senior Discounts do not apply to Fitness Room Services, Specialty Classes, Small Group Training or Personal Training.

NOR

Indicates No Online Registration available.

**Fit Boxing** Age 18 & up

Learn how to jab, hook, bob and weave in a fun, yet challenging environment. The combination of boxing with fitness conditioning will challenge everyone, from novice to athlete. Get ready to be in the best shape of your life.

10, 60 minute classes				
Th	7:30-8:30pm	6/23-8/25	\$75 / \$100	120330.40

Kettlebell Class Age 16 & up

Kettlebells are known for providing an amazing workout in a relatively short amount of time, but mastering technique and proper form are imperative to reaping the benefits and preventing injury. Kettlebells strengthen key muscles of the lower body (glutes, hamstrings and quads), challenge core and upper body (back, shoulders, forearms, triceps and biceps), and are highly effective in improving total-body strength. Because of the high-intensity nature of this style of training, it also serves as a great option for boosting cardiorespiratory fitness. This class provides a total body workout through a dynamic warm-up, instruction on proper mechanics of basic moves, progressions and stretching.

10, 60 minute classes				
Th	5:30-6:30pm	6/23-8/25	\$75 / \$100	121430.40

TRX Suspension Training Age 16 & up

In only 30 minutes, blast through a heart pumping workout that leaves no muscle unchallenged. TRX Suspension Training provides a full body workout like you've never experienced before. These straps fire up the core and work muscles you didn't even know you had. Warm-up 15 minutes prior to class.

11, 30 minute classes

W	7:30-8:00pm	6/15-8/24	\$72 / \$94	122430.30
F	12:30-1:00pm	6/17-8/26	\$72 / \$94	122430.50

Cyclist Cross-Training Age 16 & up

Cycling enthusiasts - be a stronger, more efficient, and more durable rider. Join our dynamic cross-training program to improve your strength, flexibility and cardiovascular endurance. Class format will include out-of-the-box cardio conditioning, sport-specific resistance training and stretching. This type of training off the bike will lead you to perform better on the road.

11, 60 minute classes

Tu	6:00-7:00pm	6/14-8/23	\$83 / \$110	122850.20
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» Active Adult Fitness

Balance Training Age 55 & up

Balance is the key to fall prevention, performing our "activities of daily living" well, and for maintaining our independence as we age. Improve your balance through core strengthening, posture-awareness training, and practicing balance specific exercises.

11, 45 minute classes

Tu	9:30-10:15am	6/14-8/23	\$55 / \$72	121730.20
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Turn Back the Clock Age 55 & up

With age, muscle tone and flexibility tend to decrease along with our general activity levels. It's never too late to fight back with exercise and reverse some of the effects of aging. Improve your overall health and fitness with this fun and effective workout.

9, 45 minute classes

no class 7/4

M	8:30-9:15am	6/20-8/22	\$45 / \$59	121830.10
M	9:30-10:15am	6/20-8/22	\$45 / \$59	121830.11

11, 45 minute classes

W	8:30-9:15am	6/15-8/24	\$55 / \$72	121830.30
W	9:30-10:15am	6/15-8/24	\$55 / \$72	121830.31

Strength Circuit Age 55 & up

Strength Circuit gives you a great way to socialize and get a workout at the same time. A Certified Personal Trainer will lead the group through a total-body workout in the Fitness Room. All abilities welcome. Modifications will be made for individuals with physical restrictions.

11, 45 minute classes

Tu	9:30-10:15am	6/14-8/23	\$55 / \$72	121940.20
Th	9:30-10:15am	6/16-8/25	\$55 / \$72	121940.40



Small Group Training PUNCH PASS

Enjoy the benefits of small group personal training combined with the flexibility of a drop-in class.

Each class will follow a similar format, so you know what to expect and will get a great workout, no matter which days and times you choose to attend! The punch pass is available in either a once or twice-per week card. Classes will include foam rolling, dynamic warm-up, cardio circuits, strength training, core conditioning and stretch.

Punch Pass classes include:

MON. ★ 12:00-1:00PM

★ 5:30-6:30PM

TUE. ★ 12:00-1:00PM

★ 7:00-8:00PM

WED. ★ 6:15-7:15AM

★ 12:00-1:00PM

★ 5:30-6:30PM

THR. ★ 12:00-1:00PM

FRI. ★ 6:15-7:15AM

1x Week 10, 60 minute classes \$75/\$100 121330.10

2x Week 20, 60 minute classes \$150/\$200 121330.20



PASS VALID 6/14/16-8/26/16 PASS EXPIRES 8/26/16



NEW!

Cross-Training for Runners

Build strength, speed, and improve your running form in our cross-conditioning class specifically designed for runners. Our personal trainer incorporates run-specific resistance training, plyometric drills, flexibility and foam rolling to increase your running efficiency and avoid injury.

11, 60 minute classes

Tu 6:30-7:30am 6/14-8/23 \$83 / \$110 123230.20

The Big Downsize

Age 16 & up

The Big Downsize is a fun and encouraging class designed especially for men and women who have more than 50 pounds to lose. Special consideration is given to the unique mental and physical challenges of being extremely overweight. This class addresses both social and physical barriers to working out - such as exercising in public and getting up and down off the floor. The class meets in an exclusively reserved training studio and promotes good health habits in a low-key, educational, non-judgmental environment.

9, 60 minute classes

M 6:30-7:30pm 6/20-8/22 \$68 / \$90 120230.10

no class 7/4

11, 60 minute classes

W 6:30-7:30pm 6/15-8/24 \$83 / \$110 120230.30

Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register.

Monday-Friday | 6-7:15am

NOR

» Personal Training

Our personal trainers employ a results-driven, scientific approach to improving your health and fitness in both one-on-one and partner-training settings. Using proven and progressive methods of exercise, our trainers will provide a plan for you, educate you, challenge you and support you - so that you may reach your desired fitness goals!

NEW!

Summer Training Sale

Buy a 3 pack and get 10% off your next 6 or 10 session pack.

*New clients only. Follow up pack must be purchased within 14 days of starter pack.

Personal Training Starter Pack*

*New training clients only

30 minute sessions

3 workouts \$90 / \$120

One-on-One Personal Training

30 minute sessions

1 workout \$33 / \$41
6 workouts \$164 / \$205
10 workouts \$222 / \$278

45 minute sessions

1 workout \$43 / \$54
6 workouts \$215 / \$269
10 workouts \$317 / \$397

Two-on-One Partner Training

(Rates are per person)

45 minute sessions

1 workout \$27 / \$34
6 workouts \$150 / \$186
10 workouts \$230 / \$290

Intro to Weight Lifting Age 12-15

Personal Training designed with adolescents in mind. Teens will work one-on-one with a personal trainer to learn strength training techniques, the "how and why" of exercise intensity, frequency and duration. They will also learn how to best progress their workouts for optimal results. Students will be given a Youth Fitness ID which will allow them to practice in the fitness room outside of their personal training sessions (in accordance with standard fitness room policies and admission rates).

45 minute sessions

6 workouts \$172 / \$230

Please contact the Head Fitness Trainer to schedule. 703-435-6800 x2131.



Jane



Karen



Liz



Tais



Stephen



Jon

NEW!

HERNDONWEBTRAC.COM

17

»DROP-IN Exercise Classes

Ab Express

Ab Express is a half hour intense core workout. You'll work your entire core and learn new exercises to help sculpt your body! This class is a great way to fit a quick but challenging workout into your busy day and is appropriate for all fitness levels. **Tu/Th 12:15-1:00pm**

Body Blaster

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body. **M/W 9:10-10:10am**
No class 7/4

Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics, combined with cardio kickboxing moves to get your body moving and your heart pumping, followed by 25 minutes of strength and flexibility work to strengthen, tone and define your muscles. Put on your cross-training shoes and come have a blast! **Sa 7:55-8:55am**

Cardio-Sculpt Interval

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

Tu/Th 9:30-10:30am

Fit-Mix

Try a fresh, new blend of core strengthening, flexibility, and stretching. This low-impact class uses a variety of exercising techniques drawing from all areas of fitness. Slowly flowing from one exercise to the next and ending with an extended cool-down. It's a perfect recipe for a healthy body and mind.

F 9:10-10:10am

Pure Cardio

An intermediate level class with fast-paced and challenging cardio drills. The goal? To burn calories and get your heart pumping! Combining high- and low-impact drills and exercises- with and without hand weights- you will drive your cardio fitness to new and greater levels. *Participants can expect a regular dose of jumping, plyometrics and quick transitions from standing exercises down to the floor with each class. **W 10:25-11:10am**

Strength & Sculpt

Get a highly efficient, full-body workout using free weights, tubes and balls to strengthen and sculpt all muscle groups. This class accommodates beginners to advanced fitness levels. **Tu/Th 11:00am-12:00pm** **No class 7/26, 8/9**

ZUMBA® Gold Age 45 & up

ZUMBA® Gold is ideal for active adults who are looking for a modified ZUMBA® class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! **Tu 11:00am-12:00pm**



Take advantage of the free drop-off babysitting service run by our friendly staff.

Kid Care

MORNING:

M/W 9-11:30am
Tu/Th 9am-12pm

EVENING:

M/Tu 5:30-8:15pm
W/Th 5-8pm
F 5:15-7pm

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule. Sorry, staff will not change diapers.

Note: Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling 703-787-7300. Drop-ins are admitted daily on a space-available basis.



BOOT CAMP FOR WOMEN & MEN

Dedication, Determination, Motivation and Fun

Class is designed for all levels of ability.

Classes held outdoors at the Herndon Community Center/Bready Park.

Classes are held indoors in the event of inclement weather.

Other locations: Check our updated listing on **www.FIResults.com** or call **1-877-62SHAPE (877-627-4273)** for more information. Guaranteed Results!







Planning a Special Event or Meeting?


The Herndon Community Center can accommodate rental space for a small meeting with just a few people or a sit-down function up to 375 people. In addition, rentals can utilize our warming/catering kitchen. Call 703-787-7300 for information, or to arrange a tour of our facilities.







SUMMER 2016 DROP-IN EXERCISE CLASS SCHEDULE

MON.*
Body Blaster
9:10-10:10am
Jane N



5:30-6:30pm
Mary Jo

6:40-7:40pm
Mary Jo

6:45-7:45pm
Lauren
TUE.

6:00-7:00am
Carol
Cardio-Sculpt Interval
9:30-10:30am
Katie
Strength & Sculpt
11:00am-12:00pm
Katie

11:00am-12:00pm
Terlene
Ab Express
12:15-1:00pm
Katie

5:30-6:30pm
Stephanie

6:40-7:40pm
Colette

7:50-8:50pm
Veronica
WED.
Body Blaster
9:10-10:10am
Jane N
Pure Cardio
10:25-11:10am
Katie

5:00-6:00pm
Mary Jo

6:00-7:00pm
Stephanie

7:10-8:10pm
Molly
THR.*

6:00-7:00am
Carol

7:00-8:00am
*Dana***
Cardio-Sculpt Interval
9:30-10:30am
Katie
Strength & Sculpt
11:00am-12:00pm
Katie
Ab Express
12:15-1:00pm
Katie

5:30-6:30pm
Cynthia

6:40-7:40pm
Lendys
FRI.
Fit-Mix
9:10-10:10am
Katie

12:00-1:00pm
Stephanie

5:30-6:30pm
Lauren

» Instructors listed available at time of distribution may change during the season.
» Drop-In classes are offered exclusively as part of your admission benefit (does not include Wellness, Aquatic or Small Group Training classes). Consider purchasing a multi-visit pass for the best rates.

SAT.
Cardio Blast
7:55-8:55am
Kaleen

10:15-11:15am
Colette

11:30am-12:30pm
*Dana/Veronica/
TBD*

See page 29 for details on becoming a pass holder.
» Babysitting is available during Kid Care hours at no additional charge. Advance reservations are recommended as space is limited. Please call 703-787-7300.
» Some classes may reach capacity or have limited specialty equipment available.
» Please consult your doctor prior to starting any exercise program.
» Drop-In Exercise classes are designed for age 16 & up.
» Please do not enter a class if arriving more than ten minutes past the scheduled start time.

**AQUA ZUMBA® Class Requires Pre-Registration

Schedule Effective from

Tuesday, June 14 - Saturday, August 27

*No Class after 4:00pm Thurs. 6/16 & No Class Mon. 7/4



BODYPUMP™ is a barbell class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP™ gives you a total body workout that burns lots of calories. The rep effect – a scientifically proven Les Mills formula – is the secret to developing lean athletic muscle without the need for heavy weights. The encouragement, motivation and great music you get in a BODYPUMP™ class will help you achieve much more than you would be able to on your own!

M 6:40-7:40pm
Tu 6:40-7:40pm
W 6:00-7:00pm
Th 6:40-7:40pm
F 12:00-1:00pm
Sa 10:15-11:15am

NO CLASS
MONDAY
7/4

NO CLASS
THUR
NIGHT
6/16

M 5:30-6:30pm

M 6:45-7:45pm

Tu 6:00-7:00am

Tu 5:30-6:30pm

Tu 11:00am-12:00pm

Tu 7:50-8:50pm

W 5:00-6:00pm

W 7:10-8:10pm

Th 6:00-7:00am

Th 5:30-6:30pm*

F 5:30-6:30pm

Sa 11:30am-12:30pm*

*This class is for age 12 & up



A Latino-influenced dance style class that combines high-energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable clothing and sneakers.

» Wellness

Gentle Yoga For Seniors Age 55 & up

Gentle Yoga is a functional fitness-based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself. ***No senior discount**

8, 60 minute classes no class 7/4, 7/6

M	2:30-3:30pm	6/13-8/8	\$68 / \$85	130040.10
W	2:30-3:30pm	6/15-8/10	\$68 / \$85	130040.30

Kundalini Yoga Age 16 & up

Kundalini Yoga is an ancient science of self-healing that uses exercises, breath work, mantra, and meditation to create vitality in the body, balance in the mind, and openness to the spirit. This class teaches you simple yoga techniques that can be enjoyed by everyone, no matter his or her age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

8, 90 minute classes no class 7/4, 7/7

M	7:00-8:30pm	6/13-8/8	\$98 / \$128	130130.10
Th	7:00-8:30pm	6/16-8/11	\$98 / \$128	130130.40

Vinyasa Yoga Age 16 & up

This Vinyasa-style yoga class is designed for those looking to learn, or return to, the foundations of yoga postures (asanas), alignment, breathing, and technique. Classes build heat, endurance, flexibility, and strength in a supportive environment, encouraging the link between mindful body movement and the breath. Appropriate for beginners as well as those with an ongoing practice. No yoga experience necessary.

8, 60 minute classes no class 7/6

W	12:00-1:00pm	6/15-8/10	\$68 / \$85	130131.10
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Hatha Yoga for Beginners Age 16 & up

Are you new to yoga or looking to get back into a regular practice? Beginner Hatha Yoga offers the opportunity to gain increased comfort, flexibility and strength through the yoga asanas. Alignment and proper techniques are emphasized to reduce risk of injury.

8, 90 minute classes no class 7/3

Su	1:00-2:30pm	6/19-8/14	\$98 / \$128	130330.00
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Hatha Yoga For Kids Age 5-16

This children's class, designed for ages 5-16, is fun and develops concentration, strength, confidence, and self-control! Yoga teaches children about their bodies and how to honor their uniqueness. Age-appropriate yoga postures, movements, and relaxation techniques help to create supple, strong bodies that can adapt to the dynamics of life. Additionally, Hatha Yoga for Kids stresses concentration and self-esteem.

8, 45 minute classes no class 7/3

Su	2:45-3:30pm	6/19-8/14	\$60 / \$75	130430.00
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Toning Barre Age 16 & up

Toning Barre is an energetic and fun workout that fuses techniques from dance, pilates, and yoga that will tone, define and chisel the whole body. No dance experience is necessary! Toning Barre implements various Barre methods which are the perfect combination of strength and flexibility with added cardio to burn fat fast. The workout is safe for all ages and fitness levels with modifications provided for most movements.

8, 60 minute classes no class 7/4

M	8:00-9:00pm	6/13-8/8	\$68 / \$85	131131.30
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Summer Unlimited Use Pass

Adult Pass
TOH \$125/
NR \$175

Senior, Youth & Student
TOH \$100/NR\$135
Seniors: 65 & over Youth: 17 & Under
Student: 18 -25 with student ID

VALID 5/9/16 - 8/26/16

SUNDAY JUNE 5

7:30am

10K / 5K RACES & FITNESS EXPO

The 10K and 5K races will take you through historic downtown Herndon during Herndon Festival weekend. Both the 10K and 5K courses are USATF certified.

Awards are presented to the top two finishers from each age group from the 10 & under, to 70 & over.

Refreshments for runners will be provided at the conclusion of the race along with a Fitness Expo.

5K
15 & under
553050.11
Early Bird & Regular
553050.10

10K
15 & under
553050.13
Early Bird & Regular
553050.12

Early Bird Registration **\$30**
(Until April 30)

Regular Registration **\$35**
(May 1-June 4, 4pm)

Race Day Registration **\$45**
(June 5, 6:15 - 7:15am)

Youth **\$20**
(15 & under)

Baby Ballerinas Age 2-3

Parent and child will participate together in this class designed to involve the parent in the very beginning process of dance training with your child. Music, coordination and gross motor skills are the foundations laid in this program. Designed to develop a child's natural movements and encourage creativity in the very young dancer. This class will teach basic ballet positions and focus on coordination through basic tumbling and floor work.

8, 45 minute classes

Sa	9:30-10:15am	6/18-8/13	\$58 / \$73	141100.61
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Ballet Age 3-6

Ballet helps build through its discipline, a graceful body with good posture and poise. Each class promotes correct body placement, strength and basic vocabulary. These techniques are studied through barre, center and combinations. Goals include the learned choreography of a dance performance for the last day of class, to be held for family and friends. Student must be able to separate from parent and ready to follow group instruction.

8, 45 minute classes

Beginner Age 3-5

Sa	10:15-11:00am	6/18-8/13	\$58 / \$73	141210.61
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Intermediate Age 3-5

Sa	11:00-11:45am	6/18-8/13	\$58 / \$73	141310.61
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Advanced Age 4-6

Sa	11:45am-12:30pm	6/18-8/13	\$58 / \$73	141610.62
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Ballet/Tap/Jazz Age 6-10

Basic tap, jazz and beginning ballet technique class will include more challenging barre exercises while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills.

8, 60 minute classes

Sa	1:30-2:30pm	6/18-8/13	\$58 / \$73	142610.61
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Combination Dance Age 3-8

Dance instruction focuses on mastering combinations and vocabulary of basic ballet, jazz and tap steps. Dancers improve stamina, core skills, technique and rhythm offering the student experience in tap, ballet and tumbling technique.

8, 60 minute classes

Sa	12:30-1:30pm	6/18-8/13	\$58 / \$73	142050.61
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Ballet Technique Age 16 & up

You will enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. Class includes barre work and floor combinations. This is a class for dancers wishing to experience the joy of dance and to develop their performance skills! Open to all levels.

8, 60 minute classes

W	6:00-7:00pm	6/22-8/10	\$58 / \$73	141230.31
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Dance Survival Class Age 16 & up

Learn easy moves to help you feel more comfortable on the dance floor. You will learn basic dance steps for several styles of dance to include salsa, two-step, tango, polka, rumba, cha-cha, swing and waltz. Class will also cover novelty dances such as Marcarena and the Electric Slide. Next time you go to a wedding or party, you will know just what to do!

8, 60 minute classes

W	7:00-8:00pm	6/22-8/10	\$58 / \$73	141232.31
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Birthday Parties

at the
Herndon Community Center

Celebrating Made Easy!

Call to Schedule your Party TODAY!

703-787-7300



Land - Pool Party Packages Available

All parties offer 75 minutes of an activity and an hour in the party room.

Mission Statement

"Promoting a sense of community and enriching the quality of life."

The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs, in addition to those provided by Fairfax County.



See page 5 for Summer Dance Camps

Parent Child Gymnastics Age 2-3

Parent-Child class is an enjoyable physical, mental and social experience for your child, centered on age-appropriate movements, games and equipment. Participation will enhance your toddler's body awareness, build confidence with movement, and is also a great way for you and your child to meet new friends.

8, 45 minute classes

Sa	9:00-9:45am	7/9-8/27	\$56 / \$70	170000.60
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Munchkateers Age 3-6

This movement program combines fitness, elementary gymnastics, rhythm and games. Program will assist in developing your child's motor coordination, strength and flexibility. No experience necessary, but must be able to separate from parent and follow group instruction.

8, 45 minute classes

Age 3- 4

Sa	10:00-10:45am	7/9-8/27	\$56 / \$70	170100.60
Sa	11:00-11:45am	7/9-8/27	\$56 / \$70	170100.61

Age 4- 6

Sa	12:00-12:45pm	7/9-8/27	\$56 / \$70	170200.60
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Young Beginner Age 5-7

This program is designed as a transition program to the Level gymnastics program. Class will focus on body positions, skill development and skill recognition. No experience necessary, but must be able to separate from parent, follow group instruction and learn gymnastics terminology.

8, 45 minute classes

Sa	1:00-1:45pm	7/9-8/27	\$56 / \$70	170310.60
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Level 1 Age 6-12

No experience necessary but must be able to learn gymnastics terminology, and demonstrate walk on high beam, elementary forward roll, elementary back roll, elementary cartwheel, pullover on bars and tripod balance.

8, 90 minute classes

Sa	2:00-3:30pm	7/9-8/27	\$84 / \$105	170410.60
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Level 2 Age 6-12

Successful completion of Level 1 or the ability to demonstrate one long pull-up on bars, perform one long leg lift on bars, back hip circle on bars, proper handstand on floor, cartwheel on floor, bridge 10 seconds, one split, backward roll on floor, stretch jump on beam and front support mount on beam.

8, 90 minute classes

Sa	2:00-3:30pm	7/9-8/27	\$84 / \$105	170510.60
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FAIRFAX
CONNECTOR
STOPS
AT THE HCC

Route "937 Coppermine - Elden" runs 7 days a week with a stop in front of the Herndon Community Center. Learn more at <http://www.fairfaxcounty.gov/connector/pdf/map/937.pdf> or call 703-339-7200

See page 8 for Gymnastics Camps

Indoor Tennis 2016-17

Tennis Bubble Hours: Monday - Friday: 6:30am-10:30pm;
Saturday & Sunday: 7:00am-10:00pm

Open Monday, September 19, 2016, - Sunday, April 16, 2017

Contract Season 2016-2017

April 14	TOH residents with current court time
April 27	TOH residents requesting new court time Any NR individual with a current contract wishing to reserve the same time as 2015. TOH residents have priority.
May 11	Any individual with a current contract wishing to reserve a different time from his/her 2015-16 contract time. Any NR seeking contract time.

Court cost is per hour	CONTRACT TIME	RANDOM TIME*
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Prime Time (after 5:00pm, Mon-Fri; Sat & Sun all day):

Adult TOH Resident	\$26	\$30
Adult Non-Resident	\$34	\$38

Non-Prime Time (before 5:00pm weekdays):

Adult TOH Resident	\$23	\$25
Adult Non-Resident	\$30	\$32
Youth/Senior TOH (a)	\$20	\$22
Youth/Senior Non-Resident (a)	\$24	\$26

(a) Youth = 17 and under Senior = 65 and older

* Reservations for random time may be made seven days in advance.
ID required for Town of Herndon Resident rates.

Additional Fee Information

Seasonal Contract Rates are applicable only when the contract period is taken for the full season. For more information, contact parksandrec@herndon-va.gov. The TOH rate is applicable only when there is an active resident player for each court rented. Multi-court rentals during the same day and time period must have a different resident player for each court.

Contract request forms are available at the at the HCC, on our website, or request one via email Suzanna.swalboski@herndon-va.gov.

Junior Team Tennis Program Age 6-14
Interested? Contact Suzanna Swalboski
703-435-6800 x2110



Outdoor Weather Policy

Decisions on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs/classes are scheduled for makeups by the program supervisor. Call 703-435-6866.

NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

Just starting to play; limited experience and trying to keep the ball in play.

2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

Ask About Programs

Please call Suzanna Swalboski, Tennis Manager at 703-435-6800 x2110 for information on classes and programs.

All students must provide their own racquet and wear tennis shoes. All youth classes will emphasize tennis fundamentals.

» Youth

Pee Wee Age 4-5

Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

8, 30 minute classes

Tu/Th	4:00-4:30pm	6/21-7/14	\$52 / \$65	171000.20
Tu/Th	4:30-5:00pm	6/21-7/14	\$52 / \$65	171000.21
Tu/Th	4:00-4:30pm	7/26-8/18	\$52 / \$65	171000.22
Tu/Th	4:30-5:00pm	7/26-8/18	\$52 / \$65	171000.23

Beginner 1.0-1.5 Age 6-15

Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

8, 45 minute classes

Age 6-8

Tu/Th	5:00-5:45pm	6/21-7/14	\$72 / \$90	171110.20
Tu/Th	5:00-5:45pm	7/26-8/18	\$72 / \$90	171110.21
Sa	9:00-9:45am	6/25-8/13	\$72 / \$90	171110.60

8, 60 minute classes

Age 9-15

Tu/Th	6:00-7:00pm	6/21-7/14	\$72 / \$90	171210.20
Tu/Th	6:00-7:00pm	7/26-8/18	\$72 / \$90	171210.21
Sa	11:00am-12:00pm	6/25-8/13	\$72 / \$90	171210.60

Advanced Beginner 2.0-2.5 Age 6-15

Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

8, 60 minute classes

Age 6-8

M/W	5:00-5:45pm	6/20-7/18	\$72 / \$90	171111.10
M/W	5:00-5:45pm	7/25-8/17	\$72 / \$90	171111.11
Tu/Th	5:00-5:45pm	6/21-7/14	\$72 / \$90	171111.20
Tu/Th	5:00-5:45pm	7/26-8/18	\$72 / \$90	171111.21
Sa	10:00-10:45am	6/25-8/13	\$72 / \$90	171111.60

8, 60 minute classes

Age 9-15

M/W	6:00-7:00pm	6/20-7/18	\$72 / \$90	171211.10
M/W	6:00-7:00pm	7/25-8/17	\$72 / \$90	171211.11
Tu/Th	6:00-7:00pm	6/21-7/14	\$72 / \$90	171211.20
Tu/Th	6:00-7:00pm	7/26-8/18	\$72 / \$90	171211.21
Sa	10:00-11:00am	6/25-8/13	\$72 / \$90	171211.60

Intermediate 3.0-3.5 Age 11-15

8, 60 minute classes

M/W	7:00-8:00pm	6/20-7/18	\$72 / \$90	171213.10
M/W	7:00-8:00pm	7/25-8/17	\$72 / \$90	171213.11
Sa	11:00am-12:00pm	6/25-8/13	\$72 / \$90	171213.60

Advanced 4.0 Age 12-15

8, 60 minute classes

Tu/Th	7:00-8:00pm	6/21-7/14	\$72 / \$90	171214.20
Tu/Th	7:00-8:00pm	7/26-8/18	\$72 / \$90	171214.21

High School 4.0 Age 14-17

8, 60 minute classes

Sa	12:00-1:00pm	6/25-8/13	\$72 / \$90	171315.20
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» Adult

Beginner 1.0 Age 16 & up

8, 60 minute classes

M/W	6:00-7:00pm	6/20-7/18	\$77 / \$96	171530.10
M/W	6:00-7:00pm	7/25-8/17	\$77 / \$96	171530.11
Sa	8:00-9:00am	6/25-8/13	\$77 / \$96	171530.60

Advanced Beginner 2.0-2.5 Age 16 & up

8, 60 minute classes

M/W	7:00-8:00pm	6/20-7/18	\$77 / \$96	171531.10
M/W	7:00-8:00pm	7/25-8/17	\$77 / \$96	171531.11
Sa	9:00-10:00am	6/25-8/13	\$77 / \$96	171531.60

Intermediate 3.0-3.5 Age 16 & up

8, 60 minute classes

M/W	8:00-9:00pm	6/20-7/18	\$77 / \$96	171532.10
M/W	8:00-9:00pm	7/25-8/17	\$77 / \$96	171532.11
Sa	10:00-11:00am	6/25-8/13	\$77 / \$96	171532.60

Advanced 4.0 Age 16 & up

8, 60 minute classes

Tu/Th	7:00-8:00pm	6/21-7/14	\$77 / \$96	171533.10
Tu/Th	8:00-9:00pm	6/21-7/14	\$77 / \$96	171533.11
Tu/Th	7:00-8:00pm	7/26-8/18	\$77 / \$96	171533.12
Tu/Th	8:00-9:00pm	7/26-8/18	\$77 / \$96	171533.13

Tae Kwon Do for Little Kids Age 3-6

Tae Kwon Do provides much more than basic physical fitness. We teach children the basics including kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Instruction provided by certified instructors under supervision of Master Adam Sterner of Sterner's Tae Kwon Do Academy. Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee. Saturday class will be held at Sterner's Academy, 416 Elden Street, Herndon. All other sessions will be held at the Herndon Community Center.

8, 30 minute classes

F	6:15-6:45pm	7/8-8/26	\$67 / \$84	172000.50
Sa	1:45-2:15pm	7/9-8/27	\$67 / \$84	172000.60

Shotokan Karate Age 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

8, 60 minutes classes

F	7:05-8:05pm	7/8-8/26	\$38 / \$48	172250.50
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Kendo Advanced Age 13 & up

Class is geared towards Kendoka who have completed the introductory class and wish to further pursue the art of Kendo. Kendo Advanced is a more rigorous class teaching techniques for use in shinsa and shia. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

8, 90 minute classes

Su	11:15am-12:45pm	7/10-8/28	\$46 / \$58	172550.00
F	8:15-9:45pm	7/8-8/26	\$46 / \$58	172550.50

Iaido Age 13 & up

Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, performed against an imaginary opponent, is considered a complimentary discipline to kendo. Due to the emphasis on inward focus, it has been referred to as a moving zen. Gi, Hakama, Bokken or Iaito and approval from the instructor is required to join the class.

8, 60 minute classes

Su	1:00-2:00pm	7/10-8/28	\$32 / \$40	172650.01
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Summer 2016 Open Gym Schedule

Su	M	Tu	W	Th	F	Sa
					11:30am-2:30pm	8:00-11:00am
						1:00-5:00pm
	8:00-10:00pm	7:30-10:00pm		8:00-10:00pm	7:30-10:00pm	
Friday evening open gym may be canceled for special events. Youth = 17 & under This schedule is subject to change - check monthly schedule.						

■ Adult Basketball
 ■ Adult Volleyball
■ Adult Badminton
 ■ Youth Open Gym

Happy Feet Soccer Age 2-3

It's story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

8, 30 minute classes

Sa	9:20-9:50am	7/9-8/27	\$48 / \$64	173000.52
Sa	9:55-10:25am	7/9-8/27	\$48 / \$64	173000.53
Sa	10:30-11:00am	7/9-8/27	\$48 / \$64	173000.54

Basketball Age 8-12

The Winning Lives Character Education Basketball program integrates the fundamentals of basketball with interactive exercises to build positive character traits. Using real-life scenarios, the goal is to build children's self-esteem, character, and social emotional learning skills while they have fun playing the sport they love.

8, 60 minute classes

F	6:30-7:30pm	7/8-8/26	\$80 / \$100	176010.60
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REGISTRATION

July 1-August 3 \$40
 August 4-September 8 \$45
 September 11-16 \$50

Sunday, September 18 8:00am

Register early as this event historically sells out. No race day registration.

Event will be held in and around the Herndon Community Center, swimming in indoor pool, biking and running W&OD Trail.

AGE	SWIM	BIKE	RUN	CODE
6-8	50Y	1.1 MILES	.6 MILE	257010.10
9-11	100Y	2 MILES	1 MILE	257010.11
12-13	150Y	4 MILES	1.4 MILES	257010.12
14-16	150Y	4 MILES	1.4 MILES	257010.13

This event is designed for youth ages 6-16, regardless of athletic ability or prior triathlon experience. The courses and distances were created to be achievable for all participants.

Detailed event information available June 27 online at herndon-va.gov/recreation and at the Herndon Community Center.

Kidz on Wheelz Age 10-15

Explore your creativity while learning hand building clay techniques. Exciting pottery project idea will be provided, but students should let their imaginations run. Fee includes all materials.

6, 90 minute classes

no class 7/4

M	5:00-6:30pm	6/27-8/8	\$96 / \$120	110010.11
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Hand Built Pottery Age 16 & up

Create pottery without a wheel. Discover the world of hand-building with clay. This class is designed for people who have an interest in working with clay and gives students experiences in making functional as well as sculptural pieces, using a variety of techniques including slab, coil and pinch pots. This class will help bring out the hidden artist in you! Includes 25lbs of clay, glazes and kiln use.

8, 2.5 hour classes

Tu	6:30-9:00pm	6/28-8/16	\$150 / \$188	110140.21
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Beginning Wheel Age 16 & up

Beginners will learn the basic techniques of throwing on the wheel to include wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits and positive feedback in every class. Although designed for the beginner, all skill levels are welcome. Use of tools and 25lbs. of clay included; additional clay may be purchased as needed.

8, 2.5 hour classes

M	7:00-9:30pm	6/27-8/22	\$150 / \$188	110150.11
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Take Better Pictures Age 16 & up

Take better pictures with whatever camera you have. While emphasis is on digital single lens reflex cameras, the majority of subject matter applies to photography with any camera, including smart phones and point and shoot cameras. Topics covered include: qualities of light, composition, creative use of camera controls and flash. Learn how to optimize your photographs and archive them for storage and display.

8, 90 minute classes

Th	7:00-8:30pm	6/23-8/11	\$71 / \$94	160130.41
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NEW!

Art Night Out Age 18 & up

Treat yourself! Create something special to keep or give to a loved one. Enjoy some uninterrupted time being creative, led by a professional art teacher using fail-safe techniques. You will work with playful methods requiring no previous art background to create decorative papers used together with various other art media to design a personalized journal or keepsake box. Grab a friend for a relaxing night out. All supplies are included.

1, 2 hour class

W	7:30-9:30pm	6/29	\$40/\$40	110402.31
W	7:30-9:30pm	7/13	\$40/\$40	110402.21

Got Program Ideas?

We want to know if there is a program topic/subject you or your child would like to learn more about. Email your ideas to Cynthia.Hoftiezer@herndon-va.gov.

CPR/AED and First Aid Age 14 & up

American Heart Association CPR/AED and First Aid certification. Class includes CPR/AED for adults, children and infants and basic First Aid. Great class for teachers, personal trainers, scout leaders or anyone who needs CPR for work. Certification is valid for 2 years.

1, 6 hour class

Su	12:30-6:30pm	6/12	\$95 / \$95	160150.00
Su	12:30-6:30pm	8/14	\$95 / \$95	160150.60

Corporate Memberships

Keep employees healthy and productivity high! Businesses can supplement their benefits through our corporate membership program. Here are a few of the affordable admission options available:

1. We track the number of employee visits per month, and you pay for those visits at the end of the month. You'll receive a discount depending on the number of visits per month.
2. You pay an annual fee based on the size of the company and a monthly fee per participating employee. Or the organization may pay the annual fee and employees can then pay their own monthly fees.
3. You buy one-day admissions or a variety of multiple-day passes to give to employees as incentives or rewards for a job well done.

Contact Ron Tillman, Community Center Manager at 703-435-6800 x2116 for more details.

Financial Assistance & Scholarship Program

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for recreation programs for those who qualify for federal assistance. Assistance is available for most classes and programs; exclusions are programs meeting three times or fewer, private instruction, programs longer than twelve weeks, trips, daily admission, court payments, facility rentals or passes to the facility.

Additionally, the town provides scholarships to eligible citizens, which may supplement the town's financial assistance program. Scholarships are funded by donation. Contact the Assistant Community Center Manager at 703-435-6800 x 2107 for more information or contact the Herndon Community Center for assistance.



Join this regional favorite day to encourage a clean, healthy and fun way to get to work and get around - by biking.

Register online for the Herndon pitstop at Town Hall Green at biketoworkmetrodc.org & be eligible to win prizes and a free t-shirt.

NEW!

HERNDONWEBTRAC.COM

FARMERS' MARKET

Fun Days

THURSDAYS AT 10:30-11:15AM
TOWN HALL GREEN 730 STATION STREET, HERNDON, VA
FREE & OPEN TO THE PUBLIC



Blue Sky Puppet show

"Bananas" A show
about good nutrition
and exercise.

6.30



Milk Shake Duo LIVE!

Great rock music
for kids!

7.7



Yosie

Lively children's
sing-a-long.

7.14



Ukulele Phil and the Hula Kids

Escape to the tropics!

7.21



Billy B Brennan

The natural science
song and dance man.

7.28



Rainbow Rock

Pop rock for
lil' dudes!

8.4



Mr. Skip

Young children's
musical artist.

8.11



Uncle Devin

A Dynamic Cross
between Fat Albert and
School House Rock.

8.18



Rocknoceros

Herndon's favorite
kid-friendly
power trio!

8.25

FUNDING FOR THIS EVENT MADE POSSIBLE BY THE VIRGINIA COMMISSION FOR THE ARTS AND ARTS HERNDON

JULY IS PARKS & RECREATION MONTH

PARK AND RECREATION MONTH JULY 2016



This July, discover your super powers with our parks and recreation department! Captain Community, the Green Guardian, and the Fit Twins will help encourage everyone to get outdoors, visit parks, care for our environment, embrace active lifestyles, and improve their overall health. Summer offers the perfect opportunity to create healthy habits for you and your family and friends - visit a park, walk on a trail, swing at the playground, or splash around at the pool. "July is Parks and Recreation Month" is a national campaign sponsored by the National Recreation and Parks Association (NRPA).

Visit Herndon-va.gov/recreation or like us on Facebook/HerndonParks to learn more.

HERNDON LABOR DAY FESTIVAL



Wine & Craft Brew Tasting

Featuring

VIRGINIA WINERIES

CRAFT BEERS

FOOD VENDORS

CRAFT VENDORS

ENTERTAINMENT

Admission \$20 includes wine tasting, 2 beer tickets,* & glass

\$5 Designated Driver or Concert Only *\$2 Additional beer tickets

CASH ONLY • CHILDREN 12 AND UNDER FREE

MONDAY
Sept. 5
11AM-5PM

777 Lynn Street
Historic Downtown Herndon

PRODUCED BY

TOWN OF
Herndon
PARKS & RECREATION
&
Herndon
Woman's Club

4TH of JULY

at Bready Park
FREE ADMISSION

*Meet friends and family. Sit back, relax,
and groove to the live music...*

Activities begin at 6:30pm

✱ Live Music ✱ Children's Arts & Crafts

✱ Bingo & other games

✱ Food & Refreshments (purchase at the event)

✱ **FIREWORKS! 9:30pm**
At dark, watch a spectacular
fireworks display!

BREADY PARK IS LOCATED BETWEEN THE W&OD BIKE TRAIL
AND THE HERNDON COMMUNITY CENTER

**PARKING IS AVAILABLE AT HERNDON MIDDLE SCHOOL AND
THE HERNDON COMMUNITY CENTER ON A LIMITED BASIS.**

NEW!

HERNDONWEBTRAC.COM

27

Parks in Herndon

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

Bready Park

Located on Ferndale Ave., adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, lighted softball and 60/70' baseball fields, outdoor lighted basketball, six lighted tennis courts, three indoor tennis courts September-April, soccer field and a playground. Sports fields are available for scheduled leagues. *Shelter is available for reservation.*

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a playground, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served basis.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a 90' baseball field and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located at 1501 Herndon Parkway. The park includes a baseball/T-ball field, walking areas, multipurpose courts for sand volleyball and basketball, and a mini basketball court to accommodate younger children, as well as playground for ages 5-12, and a tot lot.

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and sand volleyball courts, a playground for ages 5-12, and a tot lot. Indoor bathrooms seasonally.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a playground, park benches and an open play space.

Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study and picnicking. Park includes two picnic shelters and a paved accessible trail.

Shelters are available for reservation.

Spring Street Park

Located at the corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

Stanton Park

Located at the corner of Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served basis.

Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a new playground, an open play area, and a bocce court. *Shelter is available for reservation.*

FIND A PARK NEAR YOU



GET INVOLVED!

There are additional ways to get involved:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

For more information call 703-435-6800 x2111.

Do you have questions or concerns regarding Trees? The Town Forester is available to help. Call 703-435-6800 x2014.

Picnic Shelter Rentals

- Shelters are rented in five-hour intervals.
- Alcoholic beverages are not allowed in parks.
- Electricity is included at Bready & Trailside Parks. (Runnymede Park does not have electricity.)

PARK	COST	GUEST LIMIT
Bready	\$110 TOH / \$160 NR	140
Trailside	\$60 TOH / \$85 NR	70
Runnymede	\$50 TOH / \$75 NR	70

Trailside & Runnymede Parks have a \$20 nonrefundable deposit and Bready Park has a \$35 nonrefundable deposit.

Call us at 703-787-7300 to reserve a shelter or book online at herndon-va.gov/recreation.

Herndon Community Center Admission and Passes

TOH = Town of Herndon resident rate
requires ID with address for every transaction
NR = Non-resident rate

All admissions and passes are nonrefundable.

Daily	TOH/NR
Adults.....	\$6.50/\$7.50
Seniors.....	\$5.25/\$6.25
Youth.....	\$5.25/\$5.50
Family.....	\$18/\$22.50

(Up to 5 family members, 2 adults maximum)

10-Admission Pass	TOH/NR
Adults.....	\$58/\$69
Youth/Senior.....	\$46/\$52

25-Admission Pass	TOH/NR
Adults.....	\$130/\$160
Seniors.....	\$98.50/\$140.50
Youth.....	\$96.25/\$103.25

Monthly 30-Day Pass	TOH/NR
Adult.....	\$52.50/\$70.25
Adult 2-Person*.....	\$82/\$109.25
Youth Single.....	\$47.25/\$50
Senior Single.....	\$36.75/\$62
Senior 2-Person*.....	\$57.50/\$96.25
Senior 2-Person* Sr/Non Sr.....	\$70/\$100
Dependent Youth**.....	\$13.50/\$18

6-Month Pass ⁽¹⁾	TOH/NR
Adult.....	\$261.75/\$349
Adult 2-Person*.....	\$411/\$548
Youth Single.....	\$215/\$307
Senior Single.....	\$215/\$307
Senior 2-Person*.....	\$338/\$481.50
Senior 2-Person* Sr/Non Sr.....	\$350.25/\$500.50
Dependent Youth**.....	\$65/\$86.50

Annual Pass ^(1,2)	TOH/NR
Adult.....	\$470.25/\$627
Adult 2-Person*.....	\$739/\$985.25
Youth Single.....	\$329.25/\$551.75
Senior Single.....	\$329.25/\$551.75
Senior 2-Person*.....	\$517.25/\$866.75
Senior 2-Person* Sr/Non Sr.....	\$630/\$900
Dependent Youth**.....	\$116.75/\$155.75

* Both adults must reside in the same household and have ID to purchase a 2-person pass.

** Dependent pass must be purchased with adult pass.

1 One complimentary session with a fitness trainer is included for all new annual and 6-month pass holders.

2 Annual pass holders receive a 10% discount on all classes (except those classes meeting one time).

Pass and Daily Admission Fee Includes

- use of pool, gymnasium (age 12 & under) and the fitness room (age 16 & older)
- admission to Drop-In regularly scheduled fitness classes (see Drop-In Fitness schedule)

Annual and 6-Month Pass Holders

- Entitled to one free session with a personal trainer. See Fitness Staff for details.

Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to the one free training session.

Age Categories:

Youth:	17 & under
Adult:	18 & older
Seniors:	65 & older
Children:	Admitted free under age 2 with a paying adult

Pool Use:

Children 6 & under: an adult must accompany child in the water
Children 8 & under: must be accompanied by an adult

Gymnasium Use:

Youth: must be 12 & older
Youth Open Gym: weekends only age 8-11 must be accompanied by a paying adult

Fitness Room Use:

Age 12 & 13: must be accompanied by an adult and earn Youth Fitness ID
Age 14 & 15: must earn Youth Fitness ID to use fitness room

Locker Room Use:

Children 5 & under: permitted in locker room of opposite sex
Family Locker Rooms: for parents with children over the age of 5, located in guard office

Racquetball, Badminton, Table Tennis & Wallyball

Badminton and Wallyball rentals are two-hour sessions. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in one-hour sessions.

Prime Time Hours:	Monday-Friday, 4-10pm, Saturday & Sunday, Opening-2pm
Prime Time:	admission fee per player \$4 per hour + \$3.50 per session wallyball
Non-Prime Time:	admission fee per player \$2 per hour + \$2 per session wallyball

Town of Herndon Town Council

Lisa C. Merkel, Mayor
Jennifer Baker, Vice Mayor
David A. Kirby, Councilmember
Steven Lee Mitchell, Councilmember
Sheila A. Olem, Councilmember
Jasbinder Singh, Councilmember
Grace Han Wolf, Councilmember
Arthur A. Anselene, Town Manager

Parks & Recreation Department Staff

Cindy S. Roeder, Director
Cynthia Hoftiezer, Deputy Director
Nancy Burke, Administrative Assistant
Lori Rowland, Office Assistant
Lindsey Jones, Systems Technician
Kevin Breza, Recreation Program Coordinator
Abby Kimble, Marketing Specialist
Kerstin Severin, Aquatic Services Manager
Dylan Evans, Pool Operations Manager
Bruce Andersen, HAC Head Coach
Vacant, Aquatics Program Assistant
Ron Tillman, Community Center Manager
John Walsh,
Assistant Community Center Manager
Suzanna Swalboski,
Indoor Tennis Manager
Julie Foechterle, Preschool Director
Karen Tsitos, Head Personal Trainer

Recreation Supervisors

Kimmie Alcorn,
Special Interest, Arts & Crafts, Camps
Jane Grannis, Fitness
Tim Lander, Sports & Community Events
Holly Popple,
Performing Arts & Community Events
Thomas Schoenauer,
Wellness, Sports & Community Events

Department Sponsors

A special thanks to the following companies for supporting our department programs and events:

PLATINUM:



SILVER:

Passanante's
Home Food
Services

O'Sullivan's
Irish Pub

If you would like to learn the benefits of being a department sponsor, please contact our Marketing Specialist at 703-435-6800 x2104.

How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our four convenient registration methods will begin for TOH residents at 10am on Wednesday, April 27. Open registration for Non-TOH residents will begin at 10am on Tuesday, May 3.

What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 29 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- Non-TOH residents (NR) are people living outside the Town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

How do I know if I live in the Town of Herndon?

An easy indicator is if your car's personal property tax sticker is from the Town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, call **703-787-7300** or go to: herndon-va.gov/recreation and click on **FAQ for P&R** on the left side of the page.

Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on May 3.

Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the midpoint of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call **703-787-7300** at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

Attention Seniors!

Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

Supplies/Equipment


You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is canceled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not canceled due to low enrollment.

Registration Options

Open registration dates apply to ALL registration options—10am on April 27 for TOH residents, and 10am on May 3 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

1. **ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at herndon-va.gov/recreation. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon  is not available online. Acceptance of our liability waiver will be required prior to registration.
2. **IN-PERSON** registration beginning 10am, April 27 for TOH residents; and 10am, May 3 for Non-Town residents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. **MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, P.O. Box 427, Herndon, VA 20172
4. **FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: 703-318-8652. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. **DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.
6. **NOTICE:** In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the Town of Herndon.

Refund Policy for Classes & Programs

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Less 15% service charge	Full
4 days before class/program starts until beginning of class	No*	Full with service charge less 15%
After class/ program starts up to halfway point of class/program	No*	Prorated, less service charge
After halfway point of class/program	No*	Prorated, less service charge
* Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles	Prorated, no service fee	Prorated, no service charge

1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.
2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart.
3. All refunds are made by credit card or town check depending on initial method of payment.
4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department.
5. No refunds or credit on account are given to those who have insufficient fund balances.
6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information.
7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away.

Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, April 27** at 10am.

PHONE: 703-787-7300
FAX: 703-318-8652

Registration for Non-Town of Herndon Residents begins on **Tuesday, May 3** at 10am.

Herndon Parks and Recreation Registration Form - Summer 2016

ONE FORM PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

99.4% of Town of Herndon residents surveyed were satisfied with customer service at the Herndon Community Center.

Sign Up Now!

Use one form per household.

Complete this form and be sure to note your first, second, and third choices.

TOH = People who live in the Town of Herndon limits

NR = people living outside the Town of Herndon limits

Proof of residency may be required.

You may donate to the Parks & Recreation Scholarship Fund **NOR**. All scholarship funds are used to enable those who are unable to participate in programs or camps.



HEAD OF HOUSEHOLD: LAST _____ FIRST _____
ADDRESS _____
CITY/STATE/ZIP _____ EMAIL _____
PHONE: HOME _____ CELL _____ WORK _____

Participant Name	Birth Date	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 1 / 99	M/F	000000.00	Level 4	\$68	000000.01	000000.02
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.
MAKE CHECK PAYABLE TO: TOWN OF HERNDON
All returned checks are subject to a \$50 fee



MAIL TO:
Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 15% service charge will be assessed up to 5 days before start of program. Less than 5 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

Signature: _____

OFFICE USE ONLY - Processed by: _____

Payment Method C CK CC LC

AP# _____ **Date Paid** _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # _____ **EXP. DATE** _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and re-turning this form to the Town of Herndon in consideration of the town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____



Town of Herndon
Parks and Recreation
PO Box 427
Herndon, VA 20172-0427
herndon-va.gov/recreation
703-787-7300



join our newsletter...
parksandrec@herndon-va.gov



Herndon Parks and Recreation Department
Herndon Community Center

@herndonparks



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Herndon
2016 Festival
JUNE 2-5
HISTORIC DOWNTOWN HERNDON

**FREE
ADMISSION**

- ★ Carnival
- ★ Three Entertainment Stages
- ★ Fireworks - Thurs. & Sat.
- ★ 10K/5K Races & Fitness Expo
- ★ Kids' Alley with Children's Hands-On Art Area
- ★ Business Expo
- ★ Arts & Crafts Vendors
- ★ Food Vendors
- ★ Free Shuttle Bus

HEADLINE ENTERTAINERS



THURSDAY
8-9:30pm
Gedeon Luke and the People
SOUL MUSIC



FRIDAY
7:30-8:30pm
Williamsburg Salsa Orchestra
LATIN DANCE MUSIC
INFLUENCED BY INDIE ROCK



8:00-9:30pm
Major and the Monbacks
THE RIGHT AMOUNT OF
TWANGY SOUL TO
CLASSIC ROCK



SATURDAY
8:00-9:30pm
SVET
ELECTRO HIP HOP
VIOLINIST



7:30-9:30pm
Party of Four
AMERICA'S #1 TRIBUTE
TO THE 80'S AND 90'S



SUNDAY
12:00-1:30pm
Civil Twilight
ALTERNATE ROCK



4:30-6:00pm
Red Hot Chili Pipers
BAGPIPERS WITH ATTITUDE

A SPECIAL THANKS TO OUR GENEROUS SPONSORS:

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JUNCTION
SQUARE

BRAND NEW TOWNHOMES IN DOWNTOWN HERNDON
WWW.LIVEHERNDON.COM

GOLD



SILVER



BRONZE



COPPER

- Duck Donuts
- Wegmans, Dulles

FRIENDS OF THE FESTIVAL

- Apt Orthodontics
- Dulles Montessori School
- Greater Reston Herndon Orthodontics
- Long Fence
- Manhattan Pizza
- NextStop Theatre
- Town Center Family Medicine